



Krispy Krunchy Pollock Fillets 3.6 oz

Zero grams of trans fat. Bake preparation.



Nutrition Facts

Serving Size: 3.6 OZ
 Household Serving Size: 1 piece
 Servings Per Container: 46

Amount Per Serving		
Calories	270	Calories from Fat: 130
	Per Serving	% Daily Value*
Total Fat	15 g	23%
Saturated Fat	2.5 g	12%
Trans Fat	0 g	
Cholesterol	85 mg	28%
Sodium	450 mg	19%
Total Carbohydrate	19 g	6%
Dietary Fiber	.870 g	3%
Sugars	.722 g	
Protein	14 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram			
Fat	9	Carbohydrate	4
		Protein	4

Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
06456	00074638064567			46

Brand	GPC Description
Viking	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.385 LB	10.35 LB	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
13.37 IN	9.37 IN	8.25 IN	0.598 CF	14x5	547 Days	-15 FA / -14 FA

Ingredients :

60% ALASKA POLLOCK; 20.25% BREADING: ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, DEXTROSE, YELLOW CORN FLOUR, YEAST, PARTIALLY HYDROGENATED SOYBEAN OIL, OLEORESIN PAPRIKA, NATURAL FLAVOR; 17.55% BATTER: WATER, MODIFIED FOOD STARCH, YELLOW CORN FLOUR, BLEACHED WHEAT FLOUR, SALT, GRANULATED GARLIC, SPICES, NATURAL FLAVORINGS, DRY WHOLE EGGS; 2.20% DRY WHOLE EGGS. FRIED IN SOYBEAN AND/OR CANOLA OIL. (CONTAINS FISH, WHEAT, EGGS)

Prep & Cooking Suggestions :

CONVECTION OVEN: PREHEAT OVEN TO 400 F, SEPARATE AND PLACE PORTIONS IN SHALLOW PAN. HEAT FOR 12-14 MINUTES.
 CONVENTIONAL OVEN: PREHEAT OVEN TO 450 F, SEPARATE AND PLACE PORTIONS IN SHALLOW PAN. HEAT FOR 14-16 MINUTES.

Serving Suggestions :

School lunch programs, elderly feeding programs, health care

Claims :

BAP Certified :
 MSC Certified :
 AHG Certified :

CN Information :

Has CN Statement : No

1 = 2 meat, 0 gram