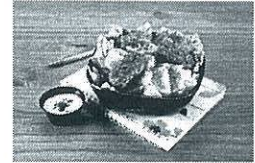




## Whole Grain Breaded Pollock Nuggets 1 oz

Provides 2 oz of cooked meat. Bread servings are calculated using 16 g calculations and provide at least 8 g of whole grains. Less than 400 mg sodium. Less than 35% of total calories are from fat. Less than 10% of total calories are from saturated fat. PUFI & CN, AHG, HUSSC



### Nutrition Facts

Serving Size: 112 GR  
Household Serving Size: 4 nuggets  
Servings Per Container: 40

Amount Per Serving		
	Per Serving	% Daily Value*
Calories	210	Calories from Fat: 70
Total Fat	8 g	12%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	35 mg	12%
Sodium	380 mg	16%
Total Carbohydrate	22 g	7%
Dietary Fiber	3 g	12%
Sugars	1 g	
Protein	12 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%
Calcium	2%	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
26530	10035493265305			40

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LB	10 LB	USA	No	

### Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp
13.7 IN	9.37 IN	8.25 IN	0.613 CF	14x5	547 Days	-15 FA / -14 FA

### Ingredients :

64.2% ALASKAN POLLOCK; SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE); 35.8% BATTER AND BREADING: WHOLE WHEAT FLOUR, WATER, MODIFIED CORN STARCH, WHOLE GRAIN YELLOW CORN MEAL, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: SUGAR, YEAST, GARLIC POWDER, ONION POWDER, SALT, SPICES, CORN SYRUP SOLIDS, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), CONCENTRATED LEMON JUICE, NATURAL FLAVOR, CITRIC ACID. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL.

### Prep & Cooking Suggestions :

For food safety and quality, please follow these cooking instructions. Keep frozen until ready to prepare- Do not refreeze. CONVECTION OVEN INSTRUCTIONS Place oven rack in the center of the oven. Preheat oven to 375°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 11-13 minutes. CONVENTIONAL OVEN INSTRUCTIONS Place oven rack in the center of the oven. Preheat oven to 425°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 14-16 minutes. Note: Since appliances vary, these cooking instructions are only a guideline. Fish is fully cooked when it reaches an internal temperature of 165F.

### Serving Suggestions :

Whole Grain Fish Nugget Caesar Salad

### Claims :

BAP Certified :  
MSC Certified :  
AHG Certified :

### CN Information :

Has CN Statement : Yes

*4 = 2 meat, 1.5 grain*

