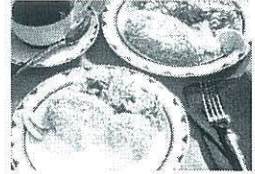




HealthyBake AK Pollock 4 oz.
portion control, easy preparation



Nutrition Facts

Serving Size: 112 GR
Household Serving Size: 1 piece
Servings Per Container: 40

Amount Per Serving
Calories 110 Calories from Fat: 20

	Per Serving	% Daily Value*
Total Fat	2 g	3%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	50 mg	17%
Sodium	370 mg	15%
Total Carbohydrate	6 g	2%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	16 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	4%

*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
1089148	10035493891481			40

Brand	GPC Description
FPI	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
14.25 IN	12 IN	6 IN	0.594 CF	11x7	547 Days	-15 FA / -14 FA

Ingredients :

75% ALASKA POLLOCK, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE); 13% COATING: WATER, PARTIALLY HYDROGENATED SOYBEAN OIL, MODIFIED CORN STARCH, SOY LECITHIN, NATURAL AND ARTIFICIAL BUTTER FLAVORS, BETA CAROTENE (FOR COLOR). 12% BREADER: ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), BLUE CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SUGAR, DEXTROSE, ONION POWDER, YEAST, NONFAT MILK SOLIDS, YELLOW CORN FLOUR, DISODIUM PHOSPHATE, SOYBEAN OIL, PAPRIKA (FOR COLOR), ANNATTO (FOR COLOR), NATURAL FLAVOR, SPICE, CALCIUM PROPIONATE (AS A PRESERVATIVE), YELLOW 5, YELLOW 6.

Prep & Cooking Suggestions :

CONVECTION OVEN: BAKE BREADED SIDE UP IN PREHEATED 425°F OVEN FOR 14-16 MINUTES OR UNTIL BREADING IS CRISP.; CONVECTION OVEN IS THE PREFERRED COOKING METHOD. ; CONVENTIONAL OVEN: BAKE BREADED SIDE UP IN PREHEATED 475°F OVEN FOR 14-16 MINUTES OR UNTIL CENTERS OF FILLETS FLAKE; EASILY. FOR ADDED CRISPNESS, BROIL DURING LAST 4 MINUTES

Serving Suggestions :

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

Claims :

BAP Certified :
MSC Certified : Yes
AHG Certified :

CN Information :

Has CN Statement : No

1 = 2.25 meat, 0 grain