



GFS Battered Cod Diamond Cut Portion 3 oz.

Nutrition Facts

Serving Size: 84 GR
 Household Serving Size:
 Servings Per Container: 53

Amount Per Serving
Calories 190 **Calories from Fat: 80**

	Per Serving	% Daily Value*
Total Fat	9 g	14%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	450 mg	19%
Total Carbohydrate	19 g	6%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	9 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	2%
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
10021032	00093901595980			53

Brand	GPC Description
Gordon Food Service	Fish - Prepared/Processed (Frozen)

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

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp
15.813	7.813 IN	7.625 IN	0.545 CF	15x7	547 Days	-15 FA / -14 FA

Ingredients :

COD, WATER, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLEACHED WHEAT FLOUR, MODIFIED FOOD STARCH, SALT, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SPICES, IODIZED SALT. FRIED IN SOYBEAN OIL. CONTAINS: FISH (COD), WHEAT.

Prep & Cooking Suggestions :

CONVENTIONAL OVEN: BAKE FROM FROZEN AT 425°F FOR 20-22 MINUTES. CONVECTION OVEN: BAKE FROM FROZEN AT 400°F FOR 18-20 MINUTES. DEEP FRYER: DEEP FRY FROM FROZEN AT 360°F FOR 4-6 MINUTES OR UNTIL GOLDEN BROWN.

Serving Suggestions :

ENTREE

Claims :

BAP Certified :
 MSC Certified :
 AHG Certified :

CN Information :

Has CN Statement : No

1 = 1 meat, 0 grain