



GFS Gourmet Breaded Cod Natural Fillet Shape 3 oz.

Nutrition Facts			
Serving Size: 84 GR			
Household Serving Size:			
Servings Per Container: 53			
Amount Per Serving			
Calories	120	Calories from Fat: 5	
Per Serving		% Daily Value*	
Total Fat	0.5 g	1%	
Saturated Fat	0 g	0%	
Trans Fat	0 g		
Cholesterol	20 mg	7%	
Sodium	360 mg	15%	
Total Carbohydrate	17 g	6%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	11 g		
Per Srv		Per Srv	
Vitamin A	0%	Vitamin C	2%
Calcium	0%	Iron	2%
*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
10021227	00093901596017			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	TlxHI	Shelf Life	Storage Temp
15.813	7.813 IN	8.625 IN	0.617 CF	15x7	547 Days	-15 FA / -14 FA

Ingredients :

COD, BLEACHED WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED FOOD STARCH, WHITE CORN FLOUR, SALT, DEXTROSE, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), YEAST, SUGAR, SPICES, NATURAL FLAVOR, GUAR GUM, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (COD), WHEAT.

Prep & Cooking Suggestions :

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

Raw Breaded