

PRODUCT: 05610 2/5 Lb. BREADED IQF OCEAN PERCH FILLETS

CARTON LABEL:

70674 Label #05610 v2 11/21/12 11:59 AM Page 1

**Breaded IQF
Ocean Perch Fillets**



KEEP FROZEN - DO NOT REFREEZE

INGREDIENTS: OCEAN PERCH, BREADED WHEAT FLOUR, WATER, MODIFIED CORN STARCH, YELLOW CORN FLOUR, DECAHOSE, SALT, YEAST, SUGAR, TRICALCIUM PHOSPHATE, POTASSIUM BIPHOSPHATE

COOKING INSTRUCTIONS: FRY (200°F) FAT, 15-20 MINUTES AT 350°F OR UNTO, GREEN BEANS, CHATANAI SAUCE

NOTE: FISH IS FULLY COOKED WHEN IT REACHES AN INTERNAL TEMPERATURE OF 160°F MINIMUM

MADE IN FACILITY BY HIGH LINEER FOODS, PINE BLUFF, MISSISSIPPI. FOR FEEDBACK CALL 1-800-860-3664

Nutrition Facts		Nutrition Facts			
Per Serving		Per Serving			
%		%			
Daily Value		Daily Value			
Total Fat	15g	2%	Total Carbohydrate	13g	6%
Saturated Fat	0g	0%	Dietary Fiber	Less than 1g	3%
Trans Fat	0g		Sugars	Less than 1g	
Cholesterol	35mg	11%	Protein	12g	
Sodium	260mg	11%			
Vitamin A 0%		Vitamin C 0%		Calcium 2%	
Iron 2%		Iron 2%		Iron 2%	

Serving Size 3.5 oz (99g) about 1/2 fillet
Serving Per Container 23
Calories 140
Calories from Fat 10



**Breaded IQF
Ocean Perch Fillets**



NET WT 5 Lb (2.27 kg)

Serving Suggestion

NUTRITION FACTS:

PRODUCT: 05-610

AYCE BR PERCH FILLET

Nutrition Facts			
Serving Size 3.5 oz.			
Servings Per Container about 23			
Amount per Serving			
Calories	140	Calories from Fat 10	
% Daily Value*			
Total Fat	1.5g	2 %	
Saturated Fat	0g	0 %	
Trans Fat	0g		
Cholesterol	35mg	11 %	
Sodium	260mg	11 %	
Total Carbohydrate	19g	6 %	
Dietary Fiber	less than 1g	3 %	
Sugars	less than 1g		
Protein	12g		
Vitamin A	0%	Vitamin C 0%	
Calcium	2%	Iron 2%	
* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2000	2500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 . Carbohydrate 4 . Protein 4			

PACK SIZE..... 2/ 5.00 LBS. (ADD 1.1 LB. FOR TARE WT.)
 PALLETIZE..... 6 X 14 (HI X TI)
 CASE CUBE..... 0.51
 CASE DIM..... 13.25 X 9.37 X 6.75 CU.IN.
 INNER DIM..... 13.00 X 9.25 X 3.00 CU.IN.