



Fish-In-Batter Cod Wedge Cut 2 oz.
 Portions combine moist, flaky fish with a uniquely delicious batter that are perfect for fish and chips.



Nutrition Facts

Serving Size: 112 GR
 Household Serving Size: 2 PORTIONS
 Servings Per Container: 40

Amount Per Serving
 Calories 240 Calories from Fat: 110

	Per Serving	% Daily Value*
Total Fat	12 g	18%
Saturated Fat	2 g	10%
Trans Fat	0 g	
Cholesterol	25 mg	8%
Sodium	490 mg	22%
Total Carbohydrate	20 g	7%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	12.52 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%
Calcium	2%	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
10001951	10073538019513			40

Brand	GPC Description
Icelandic Seafood	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 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	15x8	547 Days	-15 FA / -14 FA

Ingredients :

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

Prep & Cooking Suggestions :

FRY: DEEP FRY FROZEN FISH AT 360°F FOR 2-2½ MINUTES. BAKE: PREHEAT OVEN TO 425°F. PLACE FROZEN FISH ON CRUMPLED FOIL AND BAKE 15-17 MINUTES, TURN ONCE. ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.

Serving Suggestions :

ENTREE

Claims :

BAP Certified :
 MSC Certified :
 AHG Certified :

CN Information :

Has CN Statement : No

2 = 1.5 meet + 0 grain