



GFS

1/10 LB Prefried Breaded Alaska Pollock Portion 3 oz 842648

INGREDIENTS: Alaska Pollock, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, enriched yellow corn flour (corn flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), corn starch, contains 2% or less of: salt, natural flavor, dextrose, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), dried yeast, cellulose gum, extractives of paprika and annatto (color). Fried in canola, cottonseed and/or soybean oil.

CONTAINS FISH (POLLOCK), WHEAT

3.00 oz (1 x 3 oz portion) X **0.50** (% Fish Flesh) X **0.75** (USDA factor for Minced Fish) = **1.17 oz**

One 3.0 oz Prefried Breaded Fish Portion would provide 1.00 oz equivalent meat for Child Nutrition.

DISCLAIMER: This product contains grains that are not creditable in school meal programs. Additional grains must be served to meet meal pattern requirements

Please note this item is not currently produced to CN standards, nor is CN approved.

Nutrition Facts	
Serving Size 1 Portion (84g)	
Servings Per Container About 53	
Amount Per Serving	
Calories 200	Calories from Fat 80
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	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 340mg	14%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 9g	
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Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 8%
*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
Saturated 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

This nutritional information is based on a computer analysis.

High Liner Foods
R&D Specification Supervisor
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