



Nutrition Facts

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

Amount Per Serving
Calories 220 Calories from Fat: 90

	Per Serving	% Daily Value*
Total Fat	9 g	14%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	20 mg	7%
Sodium	470 mg	20%
Total Carbohydrate	23 g	8%
Dietary Fiber	1 g	4%
Sugars	1 g	
Protein	11 g	

	Per Srv		Per Srv
Vitamin A	2%	Vitamin C	0%
Calcium	2%	Iron	10%

*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
10022733	00093901842671			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	8.625 IN	0.617 CF	15x7	547 Days	-15 FA / -14 FA

Ingredients :

COD: 50.0%. BREADING: 28.0%; ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), IODIZED SALT, DEXTROSE, SOYBEAN OIL, NONFAT MILK, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), OLEORESIN PAPRIKA, SPICES, NATURAL FLAVOR. BATTER: 22.0%; WATER, YELLOW CORN FLOUR, MODIFIED FOOD STARCH, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), SALT, SUGAR, IODIZED SALT, CORN STARCH, NONFAT MILK, WHEY, DEXTROSE, SILICON DIOXIDE (ANTI-CAKING AGENT), CELLULOSE GUM, NATURAL FLAVOR. FRIED IN SOYBEAN OIL. CONTAINS: FISH (COD), WHEAT, MILK.

Prep & Cooking Suggestions :

CONVENTIONAL OVEN: PLACE FROZEN IN PREHEATED 425°F OVEN AND BAKE APPROXIMATELY 20 MINUTES. CONVECTION OVEN: BAKE AT 400°F APPROXIMATELY 15 MINUTES.

Serving Suggestions :

Entree

Claims :

BAP Certified :
MSC Certified :
AHG Certified :

CN Information :

Has CN Statement : Yes

1 = 1 meat, 0 grain

CN Information :

CN Statement :

Suggested Bid :

Meat/Meat Alternative :

SIZE

RAW INPUT WEIGHT 1,500 oz

COOKED WT. (78% YIELD)

MEAT EQUIVALENT (1)

3.00 oz
(50.0%)
1.17 oz
~~2.00 oz~~

1.02

WholeGrain Credit Calculation :

N/A

Kathy Gilmore

Date: 11/14/2013

Kathy Gilmore, Quality Engineer

High Liner Foods