



Crispy Breaded Pollock Rectangle Portion 4 oz.

CN Label

Nutrition Facts

Serving Size: 112 GR
Household Serving Size: 1 PIECE
Servings Per Container: 40

Amount Per Serving		
Calories	250	Calories from Fat: 110
	Per Serving	% Daily Value*
Total Fat	12 g	18%
Saturated Fat	2 g	10%
Trans Fat	0 g	
Cholesterol	50 mg	17%
Sodium	360 mg	15%
Total Carbohydrate	20 g	7%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	15 g	

	Per Srv		Per Srv
Vitamin A	2%	Vitamin C	0%
Calcium	0%	Iron	6%

*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
10022738	00093901842749			40

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 :

ALASKA POLLOCK: 67.5%. BREADING: 19.6%; ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, DEXTROSE, YEAST, PARTIALLY HYDROGENATED SOYBEAN OIL, COLORED WITH OLEORESIN PAPRIKA AND ANNATTO EXTRACT. BATTER: 12.9%; WATER, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), CELLULOSE GUM, SPICE EXTRACTIVE. FRIED IN SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT.

Prep & Cooking Suggestions :

FOR BEST RESULTS, COOK FROM FROM FROZEN. CONVENTIONAL OVEN: PREHEAT OVEN TO 425F. PLACE FROZEN POLLOCK IN OVEN AND BAKE FORT APPROXIMATELY 20 MINUTES. CONVECTION OVEN: PREHEAT OVEN TO 400F. PLACE FROZEN POLLOCK IN OVEN AND BAKE FORT APPROXIMATELY 15 MINUTES.

Serving Suggestions :

Sandwich and entree applications.

Claims :

BAP Certified :
MSC Certified :
AHG Certified :

CN Information :

Has CN Statement : Yes

1 = 2meat, 0 grain

CN Information :

CN Statement : 2M/1.25B

Suggested Bid :

Meat/Meat Alternative :	SIZE	4.00 oz
	RAW INPUT WEIGHT 2.70 oz	(67.5%)
	COOKED WT. (78% YIELD)	2.10 oz
	MEAT EQUIVALENT (1)	2.00 oz

WholeGrain Credit Calculation : N/A



Date: 11/14/2013

Kathy Gilmore, Quality Engineer

High Liner Foods