



Raw Breaded Cod Rectangle Portion 3 oz.

Nutrition Facts

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

Amount Per Serving		
Calories	130	Calories from Fat: 5
	Per Serving	% Daily Value*
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	300 mg	13%
Total Carbohydrate	15 g	7%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	11 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	2%
Calcium	0%	Iron	4%

*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
10022740	00093901842763			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	7.625 IN	0.545 CF	15x8	547 Days	-15 FA / -14 FA

Ingredients :

COD, BLEACHED WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED FOOD STARCH, WHITE CORN FLOUR, SALT, DEXTROSE, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), YEAST, SUGAR, SPICES, NATURAL FLAVOR, GUAR GUM. CONTAINS: FISH (COD), WHEAT.

Prep & Cooking Suggestions :

DEEP FRY FROM FROZEN AT 360°F FOR 4-5 MINUTES.

Serving Suggestions :

Entree

Claims :

BAP Certified :
 MSC Certified :
 AHG Certified :

CN Information :

Has CN Statement : No

Raw Breaded