



Breaded Pollock Rectangle with Cheese 3.5 oz

A generous portion of Pollock topped with a full slice of real American cheese.
Crunchie coating.



Nutrition Facts

Serving Size: 98 GR
Household Serving Size: 1 PORTION
Servings Per Container: 46

Amount Per Serving
Calories 250 Calories from Fat: 130

	Per Serving	% Daily Value*
Total Fat	14 g	22%
Saturated Fat	4 g	20%
Trans Fat	0 g	
Cholesterol	45 mg	15%
Sodium	770 mg	32%
Total Carbohydrate	18 g	6%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	13 g	

	Per Srv		Per Srv
Vitamin A	6%	Vitamin C	2%
Calcium	8%	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
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
10021686	00079149216863			46

Brand	GPC Description
Samband of Iceland	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 :

61.0%; POLLOCK [59.2% FISH, 1.75% ADDED WATER, 0.05% SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). BREADING: 19.85%; ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), VEGETABLE OIL (SOYBEAN AND/OR CANOLA AND/OR SUNFLOWER), YELLOW CORN FLOUR, YEAST, MALTED BARLEY FLOUR, PAPRIKA, SPICE EXTRACTIVE, YEAST NUTRIENTS (AMMONIUM CHLORIDE, CALCIUM SULFATE), DOUGH CONDITIONERS (L-CYSTEINE MONOHYDROCHLORIDE, ASCORBIC ACID). PASTEURIZED PROCESS AMERICAN CHEESE: 11.42%; AMERICAN CHEESE [(PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, SODIUM CITRATE, MILKFAT, SALT, SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), SODIUM HEXAMETAPHOSPHATE, APOCAROTENAL (FOR COLOR), WITH CORN STARCH ADDED FOR SLICE SEPARATION]. BATTER: 7.73%; WATER, MODIFIED FOOD STARCH, WHITE CORN MEAL, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, ONION POWDER, SPICES, SUGAR, IODIZED SALT, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), ONION, GARLIC POWDER, YELLOW CORN FLOUR, WHEY, PAPRIKA, MALTODEXTRIN, GARLIC, OLEORESIN PAPRIKA AND ANNATTO (FOR COLOR). FRIED IN SOYBEAN OIL. CONTAINS FISH (POLLOCK), MILK, WHEAT.

Prep & Cooking Suggestions :

CONVENTIONAL OVEN: BAKE FROM FROZEN AT 425°F FOR APPROXIMATELY 20 MINUTES. CONVECTION OVEN: BAKE AT 400°F FOR APPROXIMATELY 15 MINUTES. ADJUST COOKING TIME UPON APPLIANCE CHARACTERISTICS.

Serving Suggestions :

Serve on toast so when the fork goes in, the cheese melts out. Garnish with fruit and a touch of tartar sauce. Add vegetables and rice alongside portions for a well-balanced meal for all ages. Sandwich one portion inside toasted buns with mayonnaise and lettuce; French fries make the perfect side. Arrange portions on

Claims :

BAP Certified :
MSC Certified :
AHG Certified :

CN Information :

Has CN Statement : No

1 = 2 meat + 0 grain