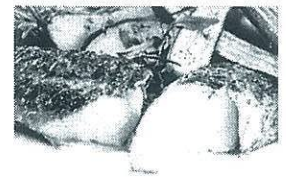




Savory glaze loins with hints of rosemary, garlic, cracked pepper, lemon, fennel and red bell peppers.



## Nutrition Facts

Serving Size: 4.6 OZ  
 Household Serving Size: 1 piece  
 Servings Per Container: 35

Amount Per Serving		
<b>Calories</b>	130	Calories from Fat: 35
	Per Serving	% Daily Value*
<b>Total Fat</b>	3.5 g	5%
Saturated Fat	1 g	5%
Trans Fat	0 g	
<b>Cholesterol</b>	45 mg	15%
<b>Sodium</b>	330 mg	14%
<b>Total Carbohydrate</b>	2 g	1%
Dietary Fiber	0 g	0%
Sugars	1 g	
<b>Protein</b>	20 g	

	Per Srv		Per Srv
<b>Vitamin A</b>	2%	<b>Vitamin C</b>	4%
<b>Calcium</b>	2%	<b>Iron</b>	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
<b>Total Fat</b>	Less than	65g	80g
Sat. Fat	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		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
1029662	10035493296620			35

Brand	GPC Description
FPI	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LB	10 LB	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
12 IN	10 IN	7.5 IN	0.521 CF	16x5	547 Days	-15 FA / -14 FA

## Ingredients :

COD, WATER, PALM OIL, VEGETABLE OIL (SOYBEAN, CANOLA, AND/OR COTTONSEED OIL), CONTAINS LESS THAN 2% OF THE FOLLOWING: DEXTROSE, DEHYDRATED GARLIC, GRILL FLAVOR (PARTIALLY HYDROGENATED SOYBEAN OIL AND/OR COTTONSEED OIL), SALT, TOMATO POWDER, DEHYDRATED RED BELL PEPPER, NATURAL SMOKE FLAVOR, SPICES, MODIFIED CORN STARCH, CORN SYRUP SOLIDS, GELATIN, AUTOLYZED YEAST EXTRACT, MALTODEXTRIN, GARLIC POWDER, DEHYDRATED BUTTER (CREAM, SALT), NONFAT DRY MILK, LEMON JUICE SOLIDS, NATURAL FLAVOR. CONTAINS: FISH (COD), SOY, MILK

## Prep & Cooking Suggestions :

PLACE FROZEN GLAZED FILLETS, OIL SIDE DOWN ON A SHEET PAN LINED WITH PARCHMENT PAPER.; CONVECTION OVEN: PREHEAT OVEN TO 375°F AND BAKE FOR 14-18 MINUTES. ROTATE PAN IN OVEN HALFWAY THROUGH COOKING. FOR BEST RESULTS, SET FAN ON LOW.; CONVENTIONAL OVEN: PREHEAT OVEN TO 400°F AND BAKE FOR 24-28 MINUTES. ROTATE PAN IN OVEN HALFWAY THROUGH COOKING.; MICROWAVE OVEN:; PLACE 2 FROZEN GLAZED FILLETS, OIL SIDE DOWN, IN A MICROWAVEABLE GLASS DISH LOOSELY COVERED WITH PLASTIC WRAP.; MICROWAVE ON HIGH 5 ½ TO 6 MINUTES. LET REST IN MICROWAVE FOR 2 MINUTES BEFORE SERVING. ; Cooking times will

## Serving Suggestions :

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

## Claims :

BAP Certified :  
 MSC Certified :  
 AHG Certified :

## CN Information :

Has CN Statement : No

*1 = 3 meat, 0 grain*