



070043 - MRS. FRIDAY'S® TAVERN BATTERED® ALASKA POLLOCK 2-3 OZ.

Our exclusive blend of brewer's yeast and natural hops produces authentic pub flavor in a light, crispy batter with a hand-dipped appearance. Add the clean, natural flavors of our most popular species, and Mrs. Friday's® Tavern Battered Fish are the most convenient, versatile way to ensure happy, repeat guests.



Brand: Mrs. Friday's

Nutrition Facts

53 servings per container

Serving size **5 Ounces (141.7g)**

Amount per serving
Calories 200

% Daily Value*

Total Fat 8g **1%**

Saturated Fat 1g **6%**

Trans Fat 0g

Polyunsaturated Fat 3.5g

Monounsaturated Fat 1g

Cholesterol 50mg **16%**

Sodium 720mg **30%**

Total Carbohydrate 22g **7%**

Dietary Fiber 0g **3%**

Soluble Fiber 0

Insoluble Fiber 0g

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 16g

Vitamin D 0mcg 0% • Calcium 20mg 2%

Iron 2mg 15% • Potassium 300mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Alaska Pollock, Water, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cottonseed And/Or Soybean Oil, Modified Corn Starch, Salt, Garlic Powder, Leavening (Corn Starch, Monocalcium Phosphate, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Rice Flour, Whey, Caramel Color, Corn Syrup, Natural Flavor, Spices, Sugar, Xanthan Gum, Yellow 5, Yellow 6. Contains: Fish (Pollock), Wheat, Milk.

Product Specifications

GTIN	00070017700439	Case Gross Weight	11 LB
UPC		Case Net Weight	10 LB
Pack Size	4 / 2.5LB	Case L,W,H	15.83 IN, 9.83 IN, 6.10 IN
Shelf Life	585 Days	Cube	0.55 CF
Tie x High	12 x 7		

Preparation and Cooking

Keep frozen until ready to use. Do not refreeze. Cook to an internal temperature of 165°F. Appliances may vary. Deep Fryer: Heat oil to 350°F. Add fillets shaking basket occasionally to prevent from adhering. Fry for approximately 5 to 5.5 minutes or until golden brown. Convection Oven: Preheat 375°F. Place fillets on baking sheet and cook for approximately 12 to 14 minutes or until fillets are crisp.

Serving Suggestions

• Fish & chips • Fish sandwiches • Fish wraps • Fish tacos • Lunch & dinner entrées • Fish Fry

Packaging and Storage

Keep Frozen

Allergens

CONTAINS:

Fish or Fish Derivatives, Milk or Milk Derivatives, Wheat or Wheat Derivatives

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Peanuts or Peanut Derivatives, Sesame seeds or Sesame seed Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives

Barcode

Case Barcode



00070017700439