



021744 - MRS. FRIDAY'S® PANKO BREADED ALASKA POLLOCK 3-4 OZ.

Our authentic Japanese Panko breadcrumbs fry up to a golden brown, with a crisp texture and homemade appearance. Pollock is a mild, delicate-tasting fish, with a slightly firm, moist texture.

Brand: Mrs. Friday's



Nutrition Facts

80 servings per container

Serving size **3.5 ounces (99.2g)**

Amount per serving

Calories 150

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 30mg **11%**

Sodium 120mg **5%**

Total Carbohydrate 24g **8%**

Dietary Fiber 0.5g **3%**

Soluble Fiber 0

Insoluble Fiber 5g

Total Sugars 0.5g

Includes 0.5g Added Sugars **1%**

Protein 12g

Vitamin D 0mcg 0% • Calcium 15mg 2%

Iron 0.65mg 4% • Potassium 220mg 6%

* 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, Bleached Wheat Flour, Water, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Corn Flour, Modified Corn Starch, Salt, Sugar, Leavening (Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Sodium Bicarbonate), Yeast, Whey, Dextrose, Onion Power, Garlic Powder, Spices, Cottonseed Oil, Sodium Alginate, Modified Cellulose. Contains: Fish (Pollock), Wheat, Milk.

Product Specifications

GTIN	10070017217446	Case Gross Weight	23 LB
UPC		Case Net Weight	20 LB
Pack Size	4 / 5LB	Case L,W,H	17 IN, 12.88 IN, 8.13 IN
Shelf Life	365 Days	Cube	1.03 CF
Tie x High	8 x 5		

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 approximately 5.5 to 6 minutes or until golden brown.

Serving Suggestions

Fish & chips • Fish sandwiches Fish tacos or wraps • Lunch entrées Dinner entrées • Seafood platters

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



10070017217446