



075514 - MRS. FRIDAY'S® OVEN READY BREADED COD FILLETS 3-4 OZ.

Pre-browned Panko breadcrumbs coat mild, flaky Cod or delicate tasting, slightly firm Pollock that are crafted from 100% natural, untreated fish. These oven-ready breaded fish deliver superior taste and consistency, coupled with the simplicity and healthiness of oven baking.

Brand: Mrs. Friday's



Nutrition Facts

52 servings per container

Serving size **3.5 Ounces (3.5oz)**

Amount per serving

Calories 190

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **4%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 0g

Cholesterol 25mg **8%**

Sodium 410mg **18%**

Total Carbohydrate 26g **9%**

Dietary Fiber 0g **3%**

Soluble Fiber 0

Insoluble Fiber 0g

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 12g

Vitamin D 0mcg 0% • Calcium 25mg 2%

Iron 2mg 6% • Potassium 210mg 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

Cod, Bleached Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Cottonseed And/Or Soybean Oil, Modified Corn Starch, Yellow Corn Flour, Salt, Sugar, Yeast, Whey, Onion Powder, Garlic Powder, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Paprika Extract, Dextrose, Nonfat Dry Milk, Guar Gum, Spices. Contains: Fish (Cod), Wheat, Milk.

Product Specifications

GTIN	00070017755149	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	504 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 6 to 6.5 minutes or until golden brown. Convection Oven: Preheat 375°F. Place fillets on baking sheet and cook for approximately 15 to 17 minutes or until fillets are crisp.

Serving Suggestions

Lunch or dinner entrées Fish sandwiches • Fish wraps Fish tacos • Seafood platters Buffets and banquets

Packaging and Storage

Keep Frozen

Allergens

CONTAINS:

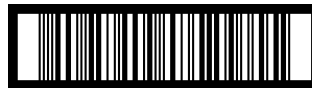
Fish or Fish Derivatives, Milk or Milk Derivatives, Wheat or Wheat Derivatives

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



00070017755149