



# 075711 - MRS. FRIDAY'S® CRISPY SOUTHERN FLOUNDER

Crispy Southern Flounder are small two-bite strips of hand-cut natural flounder fillets with a flour and cornmeal coating and flash-fried; their perfect size, gnarly appearance and classic crunch make them incredibly versatile.

Brand: Mrs. Friday's



## Nutrition Facts

40 servings per container

Serving size **2.3 Ounces (65.2g)**

Amount per serving

**Calories 100**

% Daily Value\*

Total Fat 2g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 10mg **4%**

Sodium 390mg **17%**

Total Carbohydrate 14g **5%**

Dietary Fiber 0g **2%**

Soluble Fiber 0

Insoluble Fiber 0g

Total Sugars 0g

Includes 0g Added Sugars **1%**

Protein 5g

Vitamin D 0mcg 0% • Calcium 10mg 2%

Iron 0mg 4% • Potassium 45mg 2%

\* 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

Flounder, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cottonseed And/Or Soybean Oil, Modified Corn Starch, Salt, Wheat Gluten, Sugar, Extractives of Paprika And Annatto, Garlic Powder, Monosodium Glutamate, Natural Flavor, Onion Powder, Spices, Citric Acid, Chili Pepper, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Yeast, Sodium Tripolyphosphate (To Retain Moisture). Contains: Fish (Flounder), Wheat.

## Product Specifications

GTIN	00041338757112	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, 7.11 IN
Shelf Life	365 Days	Cube	0.64 CF
Tie x High	12 x 6		

## 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 3 to 3.5 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

Unique appetizers & hors d'oeuvres, Small plates, Bar baskets, Banquets and catering. Children's meals

## Packaging and Storage

Keep Frozen

## Allergens

CONTAINS:

Fish or Fish Derivatives, Wheat or Wheat Derivatives

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Milk or Milk Derivatives, Peanuts or Peanut Derivatives, Sesameseeds or Sesameseed Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives

## Barcode

Case Barcode



00041338757112

Each Barcode



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