



075470 - MRS. FRIDAY'S® OVEN READY BREADED ALASKA POLLOCK 1 OZ. MINI

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

53 servings per container

Serving size 85 grams (85g)

Amount per serving
Calories 150

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

Cholesterol 30mg 10%

Sodium 280mg 12%

Total Carbohydrate 21g 7%

Dietary Fiber 1g **4%**

Soluble Fiber 0

Insoluble Fiber 3g

Total Sugars 0g

Includes g Added Sugars **0%**

Protein 10g

Vitamin D 0mcg 0% • Calcium 11.56mg 2%

Iron 0.27mg 2% • Potassium 50mg 1%

Vitamin C 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

Ingredients: Pollock, Bleached Wheat Flour, Wheat Flour, Water, Vegetable Oil (Soybean And/Or Cottonseed Oil And/Or Canola Oil, Yellow Corn Flour, Contains 2% Or Less of the Following: Modified Corn Starch, Salt, Sugar, Onion Powder, Garlic Powder, Yeast, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Whey Powder, Dextrose, Guar Gum, Nonfat Dry Milk, Spices, Paprika Extract (Color), Calcium Propionate. Contains: Pollock, Wheat, Milk

Product Specifications

GTIN	00070017754708	Case Gross Weight	10.95 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	365 Days	Cube	0.55 CF
Tie x High	12 x 7		

Preparation and Cooking

CONVECTION OVEN Preheat to 375°F. Place product on a baking sheet and bake for approximately 12-14 minutes or until product is crisp. DEEP FRYER Heat oil to 350°F. Add product, shaking baskets occasionally to prevent from adhering. Fry for approximately 4 to 4½ minutes or until golden brown

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:

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

Barcode

Case Barcode



00070017754708

Each Barcode



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