

Mrs. Friday's®

632402 - MRSF CRISPY SOUTHERN FLOUNDER, 4/2.5#

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, gnarley appearance and classic crunch make them incredibly versatile.



MARKETING



PRODUCT SPECIFICATIONS



Code		Dist Prod Code		GTIN		Calculated Pack	
075711		632402		00041338757112		4 x 2.5#	
Brand		Brand Owner			GPC Description		
Mrs. Friday's®		King & Prince Seafood Corp			Fish - Prepared/Processed (Frozen)		
Gross Weight	Net Weight	Case/Catch Weight		Country Of Origin		Kosher	Child Nutrition
11 LBR	10 LBR	No		United States		Undeclared	No
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
15.82 INH	9.82 INH	7.08 INH	0.641 FTQ	12x6	365 Days	-10 FAH / 0 FAH	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors	
N/A		N/A	N/A			N/A	

HANDLING SUGGESTIONS



Keep Frozen

ALLERGENS



- C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; 30 = 'Free From Not Tested' ; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

Milk - N

Eggs - N

Soybean - N

Wheat - C

Sesame - N

Peanuts - N

Tree - N

Fish - C

Shellfish - NI

Crustaceans - N
- INGREDIENTS
- 
- Flounder, Wheat Flour, Water, Cottonseed And/Or Soybean Oil, Corn Starch, Enriched Wheat Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), Salt, Sugar, Dehydrated Onion, Dehydrated Garlic, Vital Wheat Gluten, Spices, Citric Acid, Yeast Extract, Leavening (Sodium Bicarbonate), Extractives of Paprika, Annatto Extract, Yeast, Extractives of Capsicum, Mono- and Diglycerides, Spice, Ascorbic Acid, Sodium Tripolyphosphate. Contains: Fish (Flounder), Wheat.
- Nutrition Facts
- |  |            |
|--|------------|
| 70 Servings per container  |            |
| Serving Size   | 2.3 Ounces |
| Amount Per Serving   |            |
| Calories   | 100        |
| % Daily Value*   |            |
| Total Fat 2 g  | 3%         |
| Saturated Fat 0.5 g  | 2%         |
| Trans Fat 0 g  |            |
| Cholesterol 10 mg  | 4%         |
| Sodium 470 mg  | 20%        |
| Total Carbohydrates 15 g   | 5%         |
| Dietary Fiber 0.5 g  | 2%         |
| Total Sugars 0.7 g   |            |
| Includes 0.6 g Added Sugars  | 1%         |
| Protein 5 g  |            |
| Vitamin D 0.7 mcg  | 0%         |
| Calcium 10 mg  | 0%         |
| Iron 0.3 mg  | 2%         |
| Potassium 70 mg  | 2%         |
| * The % Daily Values (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. |            |
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PREPARATION & COOKING SUGGESTIONS

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 doeuvres, Small plates, Bar baskets, Banquets and catering. Children's meals

MORE INFORMATION

Website : [www.kpseafood.com](http://www.kpseafood.com)

NUTRITIONAL ANALYSIS

Calories	100	Total Fat	2 g	Sodium	470 mg
Protein	5 g	Trans Fat	0 g	Calcium	10 mg
Total Carbohydrates	15 g	Saturated Fat	0.5 g	Iron	0.3 mg
Sugars	0.7 g	Added Sugars	0.6 g	Potassium	70 mg
Dietary Fiber	0.5 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	10 mg		
Vitamin A (IU)		Vitamin D	0.7 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

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