

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
15.83 INH	9.83 INH	7.11 INH	0.641 FTQ	12x6	365 Days	-10 FAH / 0 FAH

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
- Soy - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - C
- Shellfish - NI

HANDLING SUGGESTIONS



Keep Frozen

MORE INFORMATION



Website : www.kpseafood.com

SERVING SUGGESTIONS



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

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.

Nutrition Facts

40 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 3%

Trans Fat 0 g

Cholesterol 10 mg 4%

Sodium 390 mg 17%

Total Carbohydrates 14 g 5%

Dietary Fiber 0 g 2%

Total Sugars 0 g

Includes 0 g Added Sugars 1%

Protein 5 g

Vitamin D 0 mcg 0%

Calcium 10 mg 1%

Iron 0 mg 3%

Potassium 45 mg 1%

* 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.

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.

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NUTRITIONAL ANALYSIS



Calories	100
Protein	5 g
Total Carbohydrates	14 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	0 0 iu
Vitamin A (RE)	0
Vitamin C	0 mg
Magnesium	0 mg
Monosodium	

Total Fat	2 g
Trans Fat	0 g
Saturated Fat	0.5 g
Added Sugars	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	10 mg
Vitamin D	0 mcg
Vitamin E	
Folate	0 mcg
Vitamin B-6	0 mg
Sulphites	

Sodium	390 mg
Calcium	10 mg
Iron	0 mg
Potassium	45 mg
Zinc	0 mg
Phosphorus	0 mg
Thiamin	0 mg
Niacin	0 mg
Riboflavin	0 mg
Vitamin B-12	0 mcg
Nitrates	

NUTRITIONAL CLAIMS



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