

632255 - Kaptain's Ketch Rolled Flounder with Crab 4oz

A delicious stuffing comprised of crabmeat, sole, red and green peppers, onions and an array of spices all wrapped inside a tender flounder filet.



MARKETING



PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
KK1100BX	632255	00054336011001	1/20/4oz

Brand	Brand Owner	GPC Description
KAPTAINS KETCH	CUISINE INNOVATIONS LLC	Aquatic Invertebrates - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
5.5 LBR	5 LBR	No	VE, US	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14.25 INH	9.5 INH	3.25 INH	439.97 INQ	12x19	548 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 - C
- Soy - C
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - MC
- Fish - C
- Shellfish - C

HANDLING SUGGESTIONS



20/4oz pcs per 5lb Box, Storage: Frozen 0 degrees

SERVING SUGGESTIONS



Serve Hot

PREPARATION & COOKING SUGGESTIONS



Place frozen portions in a shallow baking dish lined with parchment paper and sprayed with pan spray. Brush portions with melted butter or margarine. Microwave: Not RecommendedGrilling: Not RecommendedConventional: Preheat oven to 400oF. Place on baking tray and cook for 20-25 minutesConvection: Preheat oven to 375°F. Place on baking tray and cook for 15-20 minutes

Nutrition Facts

20 Servings per container

Serving Size1 piece

Amount Per ServingCalories140

% Daily Value\*

Total Fat 4 g6%

Saturated Fat 1.5 g8%

Trans Fat 0 g

Cholesterol 25 mg8%

Sodium 520 mg23%

Total Carbohydrates 14 g5%

Dietary Fiber 1 g4%

Total Sugars 2 g

Includes 0 g Added Sugars0%

Protein 12 g

Vitamin D 0 mcg0%

Calcium 34 mg2%

Iron 1 mg6%

Potassium 200 mg4%

\* 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



KKB1100 Rolled Flounder w/Crab 4oz INGREDIENTS: Yellowfin Sole Fillet, Seafood Surimi (Fish Protein [Pollock And/or Pacific Whiting], Water, Wheat Starch, Rice Wine [Water, Sugar, Alcohol, Rice, Salt], Sugar, Egg White, Potato Starch, Contains Less Than 2% Of: Natural & Artificial Flavors, Modified Tapioca Starch, Oat Fiber, Salt, Calcium Carbonate, Carrageenan, Hydrolyzed Corn Protein, Autolyzed Yeast Extract, Isolated Soy Protein, Wheat Gluten, Sodium Tripolyphosphate, Sorbitol, Tetrasodium Pyrophosphate, Color Added), Water, Celery, Stuffing Crumbs (Enriched Wheat Flour [Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Salt, Farina, Yeast, Preservatives [Calcium Propionate, BHT], Caramel Color, Natural Flavor), Red and Green Peppers, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Onion, Palm Margarine (Palm Oil, Palm Fractions, Water, Salt, Emulsifiers [Sunflower Lecithin, Distilled Monoglycerides], Natural Butter Flavor, Citric Acid, Antioxidant [Mixed Tocopherol], Vitamin A and Colouring [Beta-Carotene]), Crab Meat (Crabmeat, Sodium Acid Pyrophosphate [used as a preservative]), Crab Seasoning (Monosodium Glutamate, Salt, Spices, Sodium Diacetate, Onion & Garlic Powder, Hydrolyzed Soy Protein, Molasses Powder [Molasses, Maltodextrin], Caramel Color, Autolyzed Yeast Extract, Sugar, Dextrose, Natural Flavor, Paprika, not more than 2% Silicon Dioxide to prevent caking). Contains: Egg, Fish (Pollock and /or Pacific Whiting, Yellowfin Sole), Shellfish (Crab), Soy, Wheat.

MORE INFORMATION



Telephone : Contact Vendor

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NUTRITIONAL ANALYSIS



Calories	140
Protein	12 g
Total Carbohydrates	14 g
Sugars	2 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	0 0 iu
Vitamin A (RE)	0
Vitamin C	0 mg
Magnesium	
Monosodium	

Total Fat	4 g
Trans Fat	0 g
Saturated Fat	1.5 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	25 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	520 mg
Calcium	34 mg
Iron	1 mg
Potassium	200 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



TRANS_FAT	FREE_FROM
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