

# 632028 - 1/10 LB Oven Ready Whole Grain Breaded Fish & Star Sh...

High Liner Foodservice Whole Grain Fish & Star Shapes are specially formed, wild caught fish-shaped Pollock that are delicious, fun, and definitely kid-friendly. Fortified with whole grains and soy protein, these specially breaded oven-ready shapes cook to golden crunchy perfection in minutes. This exciting, more nutritious option is perfect for any school lunch menu and other ...



## MARKETING



## PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
10020540	632028	00079149205409	160 x 1 OZ

Brand	Brand Owner	GPC Description
High Liner Foodservice	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11 LBR	10.0 LBR	No	United States	Undeclared	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	540 Days	-10 FAH / 0 FAH

## HANDLING SUGGESTIONS



Keep Frozen

## SERVING SUGGESTIONS



Entrées, Finger Foods, Kid-Friendly The ideal finger food for school lunch served with garden fresh steamed vegetables and the dipping sauce of your choice.

## PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fish nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 10-12 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

## Nutrition Facts

40 Servings per container

**Serving Size** 4 Nuggets (112g)

**Amount Per Serving**

**Calories** **240**

% Daily Value\*

**Total Fat** 10 g **13%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

**Cholesterol** 35 mg **11%**

**Sodium** 690 mg **30%**

**Total Carbohydrates** 22 g **8%**

Dietary Fiber 3 g **10%**

Total Sugars 1 g

Includes 1 g Added Sugars **1%**

**Protein** 15 g

Vitamin D 1 mcg 4%

Calcium 40 mg 2%

Iron 1.9 mg 10%

Potassium 360 mg 8%

\* 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



66.0% SEAFOOD MIX {POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)], WATER, SOY FLOUR, SALT, SODIUM PHOSPHATE, MALTODEXTRIN, DEXTROSE, AUTOLYZED YEAST, NATURAL FLAVOR}; 34.0% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: WHOLE YELLOW CORN MEAL, YELLOW CORN FLOUR, MODIFIED CORN STARCH, SUGAR, SALT, WATER, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), DEHYDRATED ONION. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, SOY, MILK

## 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 - C Peanuts - N

Eggs - N Tree - N

Soybean - C Fish - C

Wheat - C Shellfish - NI

Sesame - N Crustaceans - N

## MORE INFORMATION



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



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## NUTRITIONAL ANALYSIS



Calories	240
Protein	15 g
Total Carbohydrates	22 g
Sugars	1 g
Dietary Fiber	3 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	10 g
Trans Fat	0 g
Saturated Fat	1.5 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	35 mg
Vitamin D	1 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	690 mg
Calcium	40 mg
Iron	1.9 mg
Potassium	360 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS



## MORE IMAGES

