



**MARKETING**

Low in fat, high in protein and high in healthy Omega 3's

**PRODUCT SPECIFICATIONS**

Code	Dist Prod Code	GTIN	Calculated Pack
46328	636136	10070765463287	1 / 10.0 Pound

Brand	Brand Owner	GPC Description
Clear Springs	Clear Springs Foods, Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
12.3 LBR	10 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.75 INH	13 INH	6.25 INH	0.74 FTQ	9x12	730 Days	0 FAH / 15 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 - C
- Eggs - C
- Soy - C
- Wheat - C
- Sesame - NI
- Peanuts - C
- Tree Nuts - NI
- Fish - C
- Shellfish - NI

**HANDLING SUGGESTIONS**

Keep Frozen. Store at 0° or Below

**SERVING SUGGESTIONS**

4 ounces

**PREPARATION & COOKING SUGGESTIONS**

Cooking Instructions: Cook to internal temperature of 145°F Bake - 400-425°F for 10-15 minutes. Broil - Lay open skin side down 4 inches from heat source 3-5 minutes. Poach - Cover with liquid, simmer over low heat about 5-8 minutes. Steam - About 5-10 minutes. Sauté - In oil or butter, about 3-4 minutes per side. Grill - Brush grill with oil, about 3-4 minutes per side.

**MORE INFORMATION**

**Nutrition Facts**

40 Servings per container

**Serving Size** 4 ounce (113.4g)

**Amount Per Serving**  
**Calories** 160

% Daily Value\*

**Total Fat** 8 g 10%

Saturated Fat 2 g 10%

Trans Fat 0 g

**Cholesterol** 75 mg 25%

**Sodium** 150 mg 7%

**Total Carbohydrates** 0 g 0%

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes Added Sugars %

**Protein** 22 g

Vitamin D 90 mcg 18%

Calcium 90%

Iron 0%

Potassium 410 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.



NUTRITIONAL ANALYSIS



Calories	160
Protein	22 g
Total Carbohydrates	0 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	8 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	75 mg
Vitamin D	90 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	150 mg
Calcium	
Iron	
Potassium	410 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



FREE_FROM_GLU TEN	YES
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