Trident Seafoods

00028029183054 - POLLOCK WHOLE GRAIN BREADED NUGGET PARFRIED B...

NO



MARKETING

ONCE FROZEN GENUINE ALASKA POLLOCK. NSLP COMPLIANT WHOLE GRAIN BREADING. USDA COMMODITY APPROVED OPTIONS.

Nutrition Facts

40 Servings per container

Serving Size **4 PIECES (113 g)**

Amount Per Serving

Calories **230**

	% Daily Value*
Total Fat 10 g	**13%**
Saturated Fat 1.5 g	**8%**
Trans Fat 0 g	
Cholesterol 45 mg	**15%**
Sodium 270 mg	**12%**
Total Carbohydrates 20 g	**7%**
Dietary Fiber 1 g	**4%**
Total Sugars 0 g	
Includes 0 g Added Sugars	**0%**
Protein 16 g	
Vitamin D 0.1 mcg	0%
Calcium 20 mg	2%
Iron 1.5 mg	8%
Potassium 300 mg	6%

* 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.

PRODUCT SPECIFICATIONS

Code	GTIN	Pack Description
418305	00028029183054	2/5 lb bags per case

Brand	Brand Owner	GPC Description
Trident Seafoods	Trident Seafoods Corp.	Fish - Prepared/Processed (Frozen)

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

Shipping

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15 INH	9.938 INH	6.25 INH	0.5425 FTQ	12x7	730 Days	-10 FAH / 0 FAH

Traceability Regulation

Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors
TRACEABILITY_REGULATION	FSMA204	TRUE	N/A

HANDLING SUGGESTIONS

KEEP FROZEN BELOW 0°F UNTIL READY TO USE.

ALLERGENS

***C** = 'Contains' ; **MC** = 'May Contain' ; **N** = 'Free From' ; **UN** = 'Undeclared' ; **INII** = 'Intentionally nor Inherently Included'; **50** = 'Derived from Ingredients' ; **60** = 'Not Derived From Ingredients' ; **NI** = 'No Info'*

- Milk - N
- Peanuts - N
- Eggs - N
- Tree - N
- Soybean - N
- Fish - C
- Wheat - C
- Shellfish - N
- Sesame - N
- Crustaceans - N
- AU - N
- Cereals - N
- Celery - C
- Mustard - N
- Lupine - N
- Corn - C
- Molluscs - N

INGREDIENTS

FISH (ALASKA POLLOCK), BATTER & BREADING (WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR [ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], VEGETABLE OIL [SOYBEAN AND/OR CANOLA], WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHEAT GLUTEN, SALT, YEAST, GARLIC POWDER, LEAVENING [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE], ONION POWDER, SPICE, CORN STARCH, RICE FLOUR, TAPIOCA STARCH). CONTAINS: ALASKA POLLOCK (FISH), WHEAT.

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PREPARATION & COOKING SUGGESTIONS

COOKING INSTRUCTIONS:* KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED – COOK FROM FROZEN. CONVECTION OVEN: PREHEAT TO 400°F. PLACE FROZEN NUGGETS ON PARCHMENT LINED OR LIGHTLY GREASED BAKING SHEET, COOK FOR 11 TO 13 MINUTES. FLIP NUGGETS HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVENTIONAL OVEN: PREHEAT TO 425°F. PLACE FROZEN NUGGETS ON PARCHMENT LINED OR LIGHTLY GREASED BAKING SHEET, COOK FOR 13 TO 15 MINUTES. FLIP NUGGETS HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A ...

SERVING SUGGESTIONS

GOOD FOR SERVING WITH YOUR FAVORITE DIPPING SAUCE AND FAVORITE SIDE DISH.

MORE INFORMATION

E-mail : sales@tridentseafoods.com, Telephone : 1-800-367-6065