

CN WG Breaded Fish Sea Wonders

Code:	26533
Case Pack:	2/5 lb. bags
Net Weight:	10 lbs.
Storage:	Frozen
Servings per Case:	40



Serving Suggestions:

The suggested serving size is 4 pieces

Preparation Instructions:

Keep frozen until ready to prepare- Do not refreeze.

Convection Oven: Place oven rack in the center of the oven. Preheat oven to 350°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 10 -12 minutes.

Conventional Oven: Place oven rack in the center of the oven. Preheat oven to 425°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 10-15 minutes.

Ingredients:

.68.9% SEAFOOD RAW MATERIAL [MINCED ALASKAN POLLOCK,MINCED COD,MINCED HADDOCK (WITH SODIUM TRIPOLYPHOSPHATE TO RETAIN MOISTURE),WATER,ALTERNATE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE),ENRICHED WHEAT FLOUR (FLOUR,NIACIN,FERROUS SULFATE,THIAMINE MONONITRATE,RIBOFLAVIN,FOLIC ACID),SALT,NATURAL FLAVOR,SEASONING BLEND (MALTODEXTRIN,AUTOLYZED YEAST EXTRACT,SUGAR,ONION POWDER,GUAR GUM,SPICE,NATURAL FLAVOR)]; 31.1% BATTER AND BREADING: WHOLE WHEAT FLOUR,WATER,WHOLE GRAIN YELLOW CORN MEAL,MODIFIED CORN STARCH,CONTAINS 2% OR LESS OF: ENRICHED WHEAT FLOUR (FLOUR,NIACIN,FERROUS SULFATE,THIAMINE MONONITRATE,RIBOFLAVIN,FOLIC ACID),SUGAR,YEAST,GARLIC POWDER,ONION POWDER,SALT,SPICES,CORN SYRUP SOLIDS,LEAVENING (SODIUM BICARBONATE,SODIUM ALUMINUM PHOSPHATE),CONCENTRATED LEMON JUICE,NATURAL FLAVOR,CITRIC ACID. PREFRIED IN CANOLA,COTTONSEED,AND/OR SOYBEAN OIL.

Child Nutritional Information:

Each serving provides 2.00 oz. of M/MA and 1.50 oz. Grain Credit per 4 x 1 oz. Pieces

Nutrition Facts

Serving Size: 4 Pieces

Serving Per Container: 40

Amount Per Serving

Calories 240	Calories from Fat 80
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 340mg	14%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 14g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

Allergens: Wheat, Egg, Soy