



# WG Breaded Sea Shapes Nuggets 1oz



<b>Code:</b>	418300
<b>Case Pack:</b>	1/10 lb
<b>Net Weight:</b>	10lb
<b>Storage:</b>	Frozen
<b>Servings per Case:</b>	40

**Serving Suggestions:**

The suggested serving size is 4 pieces or 4 oz.

**Preparation Instructions:**

Convection Oven: Bake at 400 degrees for 13 to 15 minutes

Conventional Oven: Bake at 425 degrees for 18 to 20 minutes

**Ingredients:** 67.04% FISH (ALASKA POLLOCK, SODIUM TRIPOLYPHOSPHATES [TO PRESERVE MOISTURE]), 32.96% BATTER & BREADING (WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR [WHEAT, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], YELLOW CORN FLOUR, IODIZED SALT, SUGAR, SALT, YEAST, DEXTROSE, SOY FLOUR, WHOLE GRAIN YELLOW CORN FLOUR, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO AND DIGLYCERIDES, SPICE EXTRACT, SPICE, EXTRACTIVES OF PAPRIKA). PARFRIED IN SOYBEAN AND/OR CANOLA OIL. CONTAINS FISH (ALASKA POLLOCK). WHEAT, SOY.

2 oz. Meat Equivalent and 1.5 oz. Grain Equivalent per 4 oz. Serving

## Nutrition Facts

Serving Size: 4 Pieces (113g/4oz)  
Serving Per Container: About 40

Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 80
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 50mg	17%
<b>Sodium</b> 300mg	13%
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 2g	8%
Sugars 1g	
<b>Protein</b> 15g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 8%

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

**Allergens:** Fish, Wheat, Soy