CN WG Breaded Sea Shapes

Code:	418310
Case Pack:	10 lbs.
Net Weight:	10 lbs.
Storage:	Frozen
Servings per Case:	40

Preparation Instructions:

KEEP FROZEN UNTIL READY TO COOK. Thawing is not recommended – cook from frozen.
Conventional oven: Preheat to 425° F. Place frozen product on lightly greased baking sheet, cook for 18 to 20 minutes until crisp. Turn product halfway through bake time for best results.
Convection oven: Preheat to 375° F. Place frozen product on lightly greased baking sheet, cook for 13 to 15 minutes until crisp. Turn product halfway through bake time for best results.
Microwave cooking is not recommended.

Ingredients:

67.04% FISH (ALASKA POLLOCK AND COD) SODIUM TRIPOLYPHOSPHATES [TO RETAIN MOISTURE], 32.96% BATTER AND BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, WHEAT GLUTEN, IODIZED SALT, SALT, SUGAR, YEAST, WHOLE YELLOW CORN FLOUR, SOY FLOUR, DEXTROSE, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO AND DIGLYCERIDES, EXTRACTIVES OF PAPRIKA, SPICE EXTRACT, SPICE, WATER). CONTAINS FISH (ALASKA POLLOCK AND COD), WHEAT, SOY.

Child Nutrition Information: Each 4 oz. serving equals 2 Meat/Meat Alternate and 1.5 oz. Grain Equivalent.

Nutrition Facts

Serving Size 4 Pieces or 4 oz.
Serving Per Container: 40

Amount Per Serving	
Calories 210	Calories from Fat 80
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 340mg	14%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 15g	
Vitamin A 0%	Vitamin C 0 %
Calcium 2%	Iron 8 %

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

Allergens: Fish, Wheat, Soy