CN Breaded Fish Portions

3 oz

Code:	**423593**
Case Pack:	**25 lbs**
Net Weight:	**25 lbs**
Storage:	**Frozen**
Pallet Config	**6 T x 12 H** 72 cs per pallet

Nutrition Facts

Serving Size: 1 piece (85g/3 oz)
Serving Per Container: 133

Amount Per Serving	
Calories 200	Calories from Fat 80
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 550mg	23%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

* The % of Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Preparation Instructions: Convection Oven at 375 degrees for 15 to 18 minutes. Conventional Oven at 425 degrees for 20-22 minutes.

Ingredients: Fish mixture (Alaska pollock, tilapia, cod, minced pollock), enriched flour (wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), vegetable oil (soybean and/or canola), food starch-modified, water, contains 2% or less of :iodized salt, yellow corn flour, salt, sodium tripolyphosphates (to retain moisture), dehydrated parmesan cheese (milk, cheese cultures, salt, enzymes), yeast, onion powder, sugar, whey, garlic powder, spices, disodium phosphate, oleoresin paprika, spice extractives. Contains: Fish (Alaska pollock, tilapia, cod), wheat, milk.

Allergens: Fish (Alaska pollock, tilapia, cod), wheat, milk.

Child Nutrition: ***1 piece (3oz)= 1.25 oz M/MA, & 1.25 serving bread alternate***

School Lunch Solutions **Ph: 816-525-7800** **Fx: 816-525-2719** synergyfoodsales.com