

# CN Breaded Fish Portions



<b>Code:</b>	423593
<b>Case Pack:</b>	25#
<b>Net Weight:</b>	25
<b>Storage:</b>	Frozen
<b>Servings per Case:</b>	133

## Product Description:

*Precooked Breaded Formed Fish Portions, Made from Fish Fillets and Minced Fish. A slight seasoning provides a mild flavor and light crunch. Great for dipping in your favorite sauce.*

## Serving Suggestions:

*Good for a Fish Sandwich and served plain as an entrée.*

## Preparation Instructions:

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

## Ingredients:

Fish Mixture (Pollock, Cod, Or Flounder, Halibut. Minced Pollock, Tetrasodium Pyrophosphate, Salt) Coating: Enriched Wheat Flour (Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Partially Hydrogenated Canola Oil, Modified Food Starch, Iodized Salt, Yellow Corn Flour, Dehydrated Parmesan Cheese (Made From Milk, Cheese Cultures, Salt and Enzymes), Sugar, Yeast, Onion Powder, Spices, Garlic Powder, Partially Hydrogenated Soybean Oil, Natural Flavor, Oleoresin Paprika. Par-Fried in Vegetable Oil (Soybean And/Or Canola Oil).

Contains: Fish (Pollock, Cod, Flounder, Halibut), Milk, Wheat.

**Child Nutrition Information:** 1 piece 1.25 oz Meat Equivalent, 1.25 serving of Bread Alternate

## **Nutrition Facts**

Serving Size One Portion (85g)  
Serving Per Container: 133

Amount Per Serving	
<b>Calories</b> 200	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> 35mg	12%
<b>Sodium</b> 550mg	23%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein</b> 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

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

**Allergens:** Soy, Egg, Crustacean Shellfish (Shrimp). Milk, Wheat