# CN FC Fish Sticks

# 1oz

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|---|---|
| **Code:** | **449248** |
| **Case Pack:** | **10 lbs** |
| **Net Weight:** | **10 lbs** |
| **Storage:** | **Frozen** |
| **Pallet Config** | **12 T x 14 H 168 cs per pallet** |

## Nutrition Facts

Serving Size: 4 pieces (113g/4oz)
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** 40mg | 13% |
| **Sodium** 570mg | 24% |
| **Total Carbohydrate** 18g | 6% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 14g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 2% | Iron 8% |

* 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:** Designed to cook from frozen. Preheat Oven or Oil. Convection Oven: Bake at 375 degrees F. For 13 to 15 minutes. Conventional Oven: Bake at 425 degrees F. For 18 to 20 min. Deep Fry: Fry at 350 degrees F. For 3 to 3 ½ minutes or until the internal temperature reaches 155 degrees F or higher. Cooking times & temperatures may vary with equipment.

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

**Allergens:** Fish (pollock and/or cod and or hake and or haddock and/or tilapia), Wheat, Milk.

**Child Nutrition:** ***4 sticks = 2 M/MA & 1 bread alternate***

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