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FISH STICKS OVEN READY WHOLE GRAIN CN LABEL 10LB



Whole Grain Crunchy Breaded, TexMex Seasoned, Wild Caught Pollock, PreCooked, Oven Ready, Child Nutritional Product.

Rating: Not Rated Yet

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Description

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WG Baja Fish Sticks 1oz (1x10lb) 418304

Manufacturer	Trident Seafoods - Frozen
Mfg Product Number	418304
Shipping Container UPC	00020829183047
Unit UPC	NA
Brand Name	Trident®
Bread Servings	1.000
Meat Equivalent	2.000
CN Number	084673
Servings Per Case	40
Serving Size	4 pieces (4 oz)
Kosher	No

General Information

Whole Grain Crunchy Breaded, TexMex Seasoned, Wild Caught Pollock, PreCooked, Oven Ready, Child Nutritional Product.

Market Segment

Assisted Living, Buffet, Business & Industry, Casinos, Casual Dining, Catering, Corrections, Country Clubs, Cruise Lines, Extended Care, Family Style Dining, Fast Food, Fine Dining, Health Care, Hotel/Motel, Nursing Home, Pizza, Pasta, Processing, Quick Service Restaurants, Retirement Communities, Schools, Universities & Colleges

Ingredients

65% FISH (ALASKA POLLOCK), 35% BATTER & BREADING (WHOLE WHEAT FLOUR, WATER, TORTILLA PIECES [CORN, VEGETABLE OIL {CORN, SOYBEAN AND/OR SUNFLOWER}], FOOD STARCH - MODIFIED, MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHOLE GRAIN YELLOW CORN FLOUR, SALT, YELLOW CORN FLOUR [PROCESSED WITH LIME], DRIED GARLIC, YEAST EXTRACT, DRIED ONION, DRIED YEAST, GREEN JALAPENO PEPPER, SUGAR, SPICE, MALTODEXTRIN, PAPRIKA EXTRACT [COLOR], CITRIC ACID, NATURAL FLAVORS, COCONUT OIL, ARTIFICIAL FLAVORS, CORN SYRUP SOLIDS, GUAR GUM, CALCIUM LACTATE, LACTIC ACID, SODIUM CASEINATE [A MILK DERIVATIVE], DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES). PARFRIED IN SOYBEAN AND/OR CANOLA OIL. CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK.

Thawing Instructions

Keep Frozen at 0 degrees F or Below. Designed to cook from frozen.

Preparation and Cooking Instructions

CONVECTION OVEN: 400 Degrees F. For 13 to 15 Minutes. CONVENTIONAL OVEN: 425 Degrees F. For 16 to 18 Minutes. DEEP FRY: 350 DEGREES F. For 3 To 3 1/2 Minutes. Cooking Time And Temperature May Vary With Equipment. For Added Crispness, Cook Slightly Longer.

Serving Suggestion

Breaded Alaskan Pollock Pieces Whole Grain Breaded-Seasoned Strips. Serve In A Basket With Fries As A Great Alternate To Traditional Fish And Chips.

Benefits

Portion Control. No Prep, Cooks From Frozen, Wild Caught Fish And Whole Grain Breading.

Yield Portion

about 160

Nutrition Facts	
Amount Per Serving	
Calories 230	Calories from Fat 100
Saturated Fat 10g	
10%	

Trans Fat 0g

Cholesterol 50mg	17%
Sodium 100mg	20%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%

Sugar 0g

Protein 10g	
Vitamin A 10%	Vitamin C 2%
Calcium 2%	Iron 2%
Omega 3 mg	