



TRIDENT SEAFOODS CORPORATION

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Breaded Pollock Fish Nuggets WG

Item# **418305**

Whole Grain Breaded, Slightly Seasoned, Wild Caught Pollock. Par-Fried, Oven Ready, Child Nutritional Product.

Trident Seafoods®

Ingredients:



Serving Suggestion

64.20% FISH (ALASKA POLLOCK), 35.80% BATTER & BREADING (WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR [FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], FOOD STARCH-MODIFIED, YELLOW CORN FLOUR, IODIZED SALT, SUGAR, SALT, WHOLE GRAIN YELLOW CORN FLOUR, DEXTROSE, SOY FLOUR, SOYBEAN OIL, YEAST, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO AND DIGLYCERIDES, SPICE EXTRACT, SPICE, GUAR GUM, EXTRACTIVES OF PAPRIKA). PARFRIED IN SOYBEAN AND/OR CANOLA OIL.
CONTAINS: FISH (ALASKA POLLOCK), WHEAT, SOY.

2.0 oz. Meat Equivalent and 1.5 oz. Grain Equivalent per 4.0 oz. serving.

Thawing:

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

Preparation:

COOKING INSTRUCTIONS - COOK FROM FROZEN.
CONVECTION OVEN : BAKE AT 400 DEGREES F. FOR 13 TO 15 MINUTES.
CONVENTIONAL OVEN : 425 DEGREES F. FOR 16-18 MINUTES.
COOKING TIME AND TEMPERATURE MAY VARY WITH EQUIPMENT.
FOR ADDED CRISPNESS, COOK SLIGHTLY LONGER
COOK TO AN INTERNAL TEMPERATURE OF 165°F.

Organoleptic Characteristics

Portion Size Target*: 1 oz
Fish% Target*: 64.20%
Flavor: Mildly seasoned fish flavor.
Storage: Keep Frozen at 0 degrees F until ready to use.
Shelf Life: 24 Months-Frozen
Date Code Format: Julian
**Plus and Minus variation natural to the production process*

Packaging

Package UPC: NA
Case Pack: 1/10 lb
Case Net Wt. 10 lb (4.54 kg)
Gross Wt.: 11.2 lb (5.08 kg)
Dimensions: L 15 W 10 H 6.25
Case Cube (cu.ft.) 0.54
Pallet Tie/Tier: 12 / 7
GTIN: 0 00 28029 18305 4
Method of Production Excluded - 7CFR60.105(b)
Country of Origin: Product of USA

As Packaged:

Nutrition Facts	
Serving Size 4 pieces (113g/4 oz)	
Servings Per Container about 40	
Amount Per Serving	
Calories 220	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 240mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 14g	28%
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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