



POTATO COATED POLLOCK WEDGE 3.6OZ PORTIONS, WILD CAUGHT, FROZEN, CHILD NUTRITION PRODUCT.

Item #: 422072TRIDENT
Mfr #: 422072
GTIN: 00028029220728
Supplier: Trident Seafoods Corp.
Brand: Trident Seafoods

Nutrition

The actual nutritional label may vary slightly

Nutrition Facts (Unprepared)	
Serving Size	102 g
Servings Per Container	44
Amount Per Serving	
Calories	200
	Calories from fat 90
	% Daily Value*
Saturated Fat	1 g 5%
Trans Fat	0 g
Cholesterol	45 mg 15%
Sodium	290 mg 13%
Potassium	337 mg 8%
Total Carbohydrate	15 g 5%
Dietary Fiber	1 g 4%
Sugar	0 g
Protein	14 g 28%
Vitamin A	0%
Vitamin C	2%
Calcium	13 mg 2%
Iron	1 mg 6%
Vitamin D	0 µg 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need	

Allergens

Contains: Eggs, Fish, Soy, Wheat, Other Gluten, Celery, Corn

Free From: Peanuts, Tree Nuts, Milk, Molluscs, Crustacean, Sesame Seeds, SO2 & Sulphites, Mustard, Lupine, Shellfish

Claims

Organic: Not Organic

Product Information

Classification: Fish - Prepared/Processed (Frozen) (10000017)
Dimensions (HxWxD): 6.25 x 9.94 x 15 IN
Volume: 0.5425 CF
Weight Gross / Net: 11.2 LB / 10 LB
Origin: (US) UNITED STATES
Storage Temperature: -10° to 0°
Shelf Life (days): 730
Pallet Configuration: Ti:12 Hi:7
Servings Per Container: 44
Pack Size: 1 x 10 LB
Child Nutrition Label: Yes

Ingredients

FISH (ALASKA POLLOCK), VEGETABLE OIL (SOYBEAN AND/OR CANOLA), POTATO STICKS (POTATOES, COTTONSEED OIL, CORN OIL, SOYBEAN OIL, AND/OR CANOLA OIL, SALT), DEHYDRATED POTATO FLAKES (POTATOES, MONO AND DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE, CITRIC ACID), WHOLE WHEAT FLOUR, WHOLE YELLOW CORN MEAL, BROWN RICE FLOUR, WHOLE YELLOW CORN FLOUR, ENRICHED WHEAT FLOUR (NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, POTATO FLAKES (POTATOES, MONO AND DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE, SODIUM BISULFATE AND CITRIC ACID), WATER, MODIFIED POTATO STARCH, SALT, YELLOW CORN FLOUR, GARLIC POWDER, NATURAL FLAVOR, ONION POWDER, SUGAR, YEAST EXTRACT, YEAST, EGG WHITES, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SPICE, MALTODEXTRIN, IODIZED SALT, SOY FLOUR, EXTRACTIVES OF PAPRIKA, DEXTROSE, VINEGAR SOLIDS, MONO AND DIGLYCERIDES, GUAR GUM, SPICE EXTRACT. CONTAINS FISH (ALASKA POLLOCK), WHEAT, EGG, SOY

Packaging and Storage

KEEP FROZEN AT 0 DEGREES F OR BELOW. DESIGNED TO COOK FROM FROZEN.

Preparation and Cooking

Bake - COOKING INSTRUCTIONS: * KEEP FROZEN UNTIL READY TO COOK. THAWING IS NOT RECOMMENDED - COOK FROM FROZEN. CONVENTIONAL OVEN: PREHEAT TO 425 °F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 20 TO 24 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. CONVECTION OVEN: PREHEAT TO 400 °F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 16 TO 20 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. MICROWAVE COOKING IS NOT RECOMMENDED. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165 °F. WE STRIVE TO PRODUCE A FULLY "BONELESS" PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.

Serving Suggestions

APPETIZERS, WRAPS, TACOS, SERVE WITH YOUR FAVORITE DIPPING SAUCES.

