



CRUNCHY POTATO BREADED FISH STICKS 10Z, FROZEN. CHILD NUTRITION PRODUCT.

Item #: 422071TRIDENT
Mfr #: 422071
GTIN: 00028029220711
Supplier: Trident Seafoods Corp.
Brand: Trident Seafoods

Nutrition

The actual nutritional label may vary slightly

Nutrition Facts (Unprepared)

| | | |
|------------------------|--------|-----------------------|
| Serving Size | 113 g | |
| Servings Per Container | 40 | |
| Amount Per Serving | | |
| Calories | 250 | Calories from fat 120 |
| % Daily Value* | | |
| Saturated Fat | 1 g | 5% |
| Trans Fat | 0 g | |
| Cholesterol | 45 mg | 15% |
| Sodium | 360 mg | 16% |
| Potassium | 366 mg | 8% |
| Total Carbohydrate | 20 g | 7% |
| Dietary Fiber | 2 g | 7% |
| Sugar | 0 g | |
| Protein | 15 g | 30% |
| Vitamin A | 0 | 0% |
| Vitamin C | | 0% |
| Calcium | 15 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

Product Information

Classification: Fish - Prepared/Processed (Frozen) (10000017)
Dimensions (HxWxD): 6.25 x 9.94 x 15 IN
Volume: 0.5392 CF
Weight Gross / Net: 11.2 LB / 10 LB
Origin: (US) UNITED STATES
Storage Temperature: -9° to 0°
Shelf Life (days): 730
Pallet Configuration: Ti:12 Hi:7
Servings Per Container: 40
Pack Size: 1 x 10 LB
Child Nutrition Label: Yes

Ingredients

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

Allergens

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

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

Claims

Organic: Not Organic

Packaging and Storage

KEEP FROZEN AT 0 DEGREES F UNTIL READY TO COOK. 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 12 TO 16 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 8 TO 12 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 145°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.

