

Fish, Polluck

Nutrition Facts

Serving Size: Each

ALLERGENS

Eggs, Fish, Wheat

Amount Per Serving

Calories: 270

Calories from Fat: 135

Total Fat:	15.0g
Saturated Fat:	2.5g
Trans Fat:	0.00
Cholesterol:	85mg
Sodium:	450mg
Total Carbohydrate:	19.0g
Dietary Fiber:	.0g
Protein:	14.0g

Vitamin A: 5RE

Vitamin C: .0mg

Calcium: .0mg

Iron: 1.1mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

Ingredients

Fish-Alaska Pollock Portions Viking (mfg label): 71.3% COD: SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE) 28.7% BATTER AND BREADING; WHOLE WHEAT FLOUR, WATER, MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, GARLIC POWDER, ONION POWDER, SALT, SPICES, CORN SYRUP SOLIDS, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), CONCENTRATED LEMON JUICE, NATURAL FLAVOR, CITRIC ACID. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: WHEAT [903165]

