



# TRIDENT SEAFOODS CORPORATION

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## Breaded Pollock Portions 3.6 oz WG

Item# **418302**

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

Trident Seafoods®

### Ingredients:

71.3 % FISH (ALASKA POLLOCK), 28.7% BATTER & BREADING (WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR [FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], FOOD STARCH-MODIFIED, YELLOW CORN FLOUR, SUGAR, SALT, IODIZED SALT, WHOLE GRAIN YELLOW CORN FLOUR, YEAST, DEXTROSE, SOY FLOUR, 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 1.0 oz. Grain Equivalent per 3.6 oz. serving.



Serving Suggestion

### Thawing:

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

### Preparation:

COOKING INSTRUCTIONS - COOK FROM FROZEN.  
CONVECTION OVEN : BAKE AT 375 DEGREES F. FOR 15 TO 18 MINUTES.  
CONVENTIONAL OVEN : 425 DEGREES F. FOR 20-26 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\*: 3.6 oz  
Fish% Target\*: 71.25%  
Flavor: Mild flavor and a light crunch.  
Storage: Keep Frozen at 0 degrees F until ready to use.  
Shelf Life: 24 Months-Frozen  
Date Code Format: Julian (AYJJLW)  
*\*Plus and Minus variation natural to the production process*

### Packaging

Package UPC: N/A  
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 18302 3  
Method of Production Excluded - 7CFR60.105(b)  
Country of Origin: Product of USA

As Packaged:

<b>Nutrition Facts</b>	
Serving Size 1 piece (102 g/3.6 oz)	
Servings Per Container about 44	
Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 14g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• 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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