



TRIDENT SEAFOODS CORPORATION

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Crunchy Cornmeal Pollock Strips 1.5 oz WG

Item# 418303

Wild Caught Pollock, Whole Grain Breaded with a Southern Cornmeal Coating, Lightly Seasoned. Par-Fried, Oven Ready, Child Nutritional Product.

Trident Seafoods®

Ingredients:



Serving Suggestion

57% FISH (ALASKA POLLOCK), 43% BATTER & BREADING(WATER, WHOLE WHEAT FLOUR, FOOD STARCH - MODIFIED, YELLOW CORN MEAL, WHEAT FLOUR [ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHOLE GRAIN YELLOW CORN FLOUR, ENRICHED WHEAT FLOUR [WHEAT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], ENRICHED YELLOW CORN FLOUR [YELLOW CORN, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MODIFIED CORN STARCH, IODIZED SALT, DEXTRIN, POTASSIUM CHLORIDE, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE], SALT, YELLOW CORN FLOUR, MALTODEXTRIN, RICE FLOUR, CORN STARCH, SPICES, SUGAR, NATURAL FLAVORS [INCLUDING BUTTER], YEAST, SODIUM CASEINATE, CORN SYRUP SOLIDS, WHEY, MODIFIED CELLULOSE, GUAR GUM, EXTRACTIVES OF PAPRIKA AND TURMERIC [COLOR], CITRIC ACID, OAT FIBER, SODIUM CITRATE, GARLIC POWDER, MONO AND DIGLYCERIDES, CONCENTRATED LEMON JUICE, YELLOW 5, YELLOW 6). PARFRIED IN SOYBEAN AND/OR CANOLA OIL. CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK.

2.0 oz. Meat Equivalent and 1.25 oz. Grain Equivalent per 4.5 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 375 DEGREES F. FOR 13 TO 15 MINUTES.
CONVENTIONAL OVEN : 425 DEGREES F. FOR 13 - 15 MINUTES.
DEEP FRY: 350 DEGREES F. FOR 3 1/2 TO 4 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*: 1.5 oz
Fish% Target*: 56.83%
Flavor: Fried Fish Flavor
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 18303 0
Method of Production Excluded - 7CFR60.105(b)
Country of Origin Product of USA

As Packaged:

Nutrition Facts			
Serving Size 3 pieces (128 g/4.5 oz)			
Servings Per Container about 35			
Amount Per Serving			
Calories 260	Calories from Fat 90		
% Daily Value*			
Total Fat 11g	17%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 50mg	17%		
Sodium 330mg	14%		
Total Carbohydrate 26g	9%		
Dietary Fiber 2g	8%		
Sugars 0g			
Protein 14g			
Vitamin A 2%	Vitamin C 0%		
Calcium 2%	Iron 10%		
*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
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

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