



**FRZ000097**

# BATTER-DIPPED CRISPY FISH NUGGETS

*Batter-dipped fish nuggets, served with garlic mashed potatoes and carrots.*

*Nutritionally balanced, restaurant-inspired meals designed for home delivery programs.*



NUTRITION INFORMATION	
<b>Serving Size:</b> 1 meal(335g)	<b>Trans Fat:</b> 0g
<b>Amount per serving:</b>	<b>Cholesterol:</b> 60mg
<b>Calories:</b> 480	<b>Sodium:</b> 570mg
<b>Calories from Fat:</b> 180	<b>Total Carbohydrate:</b> 52g
<b>Total Fat:</b> 20g	<b>Dietary Fiber:</b> 5g
<b>Saturated Fat:</b> 3g	<b>Protein:</b> 24g


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**Allergens:** Contains fish (pollock), soy, milk, wheat, sulfites

**SPECIFICATIONS**

**Product Code:** FRZ000097  
**UPC:** 735108506047  
**Units per Case:** 20  
**Cases per Pallet:** 32  
**Gross Case Weight:** 22 lb  
**Net Case Weight:** 20 lb  
**Unit Weight:** 1 lb  
**Cube:** 1.3 cubic ft  
**Dimensions:** 17 1/2"L x 13 1/2"W x 9 1/2"H  
**Pallet: Tiers:** 8 **High:** 4



**PREP INSTRUCTIONS**

Heat meals to a minimum internal temperature of 165 degrees F for 15 seconds.

**Conventional Oven:** Cook at 300 degrees F for approximately 30-45 minutes.

**Microwave:** Cook on HIGH for 5-10 minutes, turn halfway through heating cycle.

**NOTE:** Oven & Microwave cook times may vary - modify cook times accordingly to ensure thorough cooking. For best results, verify temperatures using a food thermometer.

## Ingredients

OVEN READY CRUNCHY FISH NUGGETS (64.4% Fish [Pollock], 18.2% Breading, 17.4% Batter And Water. Fish [Pollock], Enriched Wheat Flour [Enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Whole Wheat Flour, Modified Corn Starch, Whole Grain Yellow Corn Flour, Leavening [Sodium Acid Pyrophosphate, Sodium Bicarbonate], Sugar, Canola Oil, Water, Yeast, Salt, Spices, Dextrose, Garlic Powder, Onion Powder, Dextrose, Yeast Extract, Soybean Oil [as a Processing Aid]), GARLIC MASHED POTATOES (Water, Instant Mashed Potatoes [Potatoes, Mono And Diglycerides, Freshness Preserved With Sodium Bisulfite, BHT], Butter Buds [Whey Solids, Natural Flavor, Maltodextrin, Dehydrated Butter {Buttermilk Powder, Butter}, Guar Gum, Annatto, Turmeric {Color}], Granulated Garlic, Nonfat Dry Milk [Fortified Instant Nonfat Dry Milk {Calcium Carbonate, Vitamin A Palmitate, Vitamin D}], Parsley, Xanthum Gum, Ground White Pepper), PARSLIED CARROTS (Carrots, Parsley)

