



FRZ000102

SOUTHERN-STYLE POLLOCK FINGERS

Southern-style pollock fingers, served with steamed carrots and cheesy country-style potatoes.

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



NUTRITION INFORMATION

Serving Size: 1 meal (279g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 60mg
Calories: 360	Sodium: 540mg
Calories from Fat: 108	Total Carbohydrate: 48g
Total Fat: 12g	Dietary Fiber: 9g
Saturated Fat: 2g	Protein: 18g

Exclusively provided by



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

SPECIFICATIONS

Product Code: FRZ000102
UPC: 735108506122
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 18 lb
Net Case Weight: 16 lb
Unit Weight: 0.8 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

POLLOCK FISHFRIES (68.5% Alaska Pollock, 31.5% Batter And Breading [Enriched Wheat Flour {Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Whole Yellow Corn Flour, Whole Wheat Flour, Whole Yellow Corn Meal, Water, Contains 2% Or Less: Dextrose, Salt, Yellow Corn Flour, Corn Starch, Modified Corn Starch, Spices, Sugar, Iodized Salt, Yeast, Natural Flavor, Leavening {Sodium Acid Pyrophosphate, Sodium Bicarbonate}, Onion Powder, Extractives Of Annatto And Paprika {Color}, Prefried In Canola, Cottonseed, Or Soybean Oil]), CHEESEY COUNTRY POTATOES (Water, Instant Mashed Potatoes [Potatoes, Mono And Diglycerides, Freshness Preserved With Sodium Bisulfite, BHT], Pasteurized Processed Cheese [Cheddar And Colby Cheeses {Milk, Cheese Culture, Salt, Enzymes, Annatto {Color}}, Water, Whey Protein Concentrate, Skim Milk, Whey, Sodium Citrate, Milkfat, Salt, Sodium Phosphate, Sorbic Acid As A Preservative, Apocarotenal Color, Cellulose Powder To Prevent Caking], Sour Cream Seasoning Mix [Buttermilk Blend {Nonfat Milk, Lactic Acid, Cream, Citric Acid}, Maltodextrin, Sour Cream Blend {Sour Cream [Cream, Nonfat Milk, Cultures], Cultured Nonfat Milk, Citric Acid, Tocopherols, Ascorbyl Palmitate}], Nonfat Dry Milk, Salt, Lactic Acid, Disodium Inosinate, Guanylate], Butter Buds [Whey Solids, Natural Flavor, Maltodextrin, Dehydrated Butter {Buttermilk Powder, Butter}, Guar Gum, Annatto, Turmeric {Color}], Nonfat Dry Milk [Fortified Instant Nonfat Dry Milk {Calcium Carbonate, Vitamin A Palmitate, Vitamin DJ}, Chopped Chives, Xanthum Gum, Ground White Pepper], CARROTS

