



Nourishment. *Delivered.*

FRZ000653

BREADED FILLET OF FISH

Breaded fish fillet, served with cheesy mashed potatoes and mixed vegetables.

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



NUTRITION INFORMATION

Serving Size: 1 meal (327g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 50mg
Calories: 500	Sodium: 420mg
Calories from Fat: 81	Total Carbohydrate: 83g
Total Fat: 9g	Dietary Fiber: 10g
Saturated Fat: 2g	Protein: 23g

Exclusively provided by



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

SPECIFICATIONS

Product Code: FRZ000653
UPC: 735108506535
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 19 lb
Net Case Weight: 17 lb
Unit Weight: .85 lb
Cube: 1.3 cubic ft
Dimensions: 17 1/2"Lx13 1/2"Wx9 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

WHOLE GRAIN BREADED POLLOCK (73.4% Minced Alaska Pollock, 26.46% Batter And Breading; Whole Wheat Flour, Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin], Folic Acid, Enriched Wheat Flour [Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Modified Corn Starch, Contains 2% Or Less Of: Whole Yellow Corn Meal, Yellow Corn Flour, Sugar, Salt, Yeast, Autolyzed Yeast Extract, Leavening Sodium Bicarbonate, Monocalcium Phosphate, Modified Cellulose, Dehydrated Onion, Caramel Color, Extractives Of Paprika, Annatto And Turmeric Color, 0.14% Dry Whole Eggs, Prefried In Canola, Cottonseed, And/Or Soybean Oil), CHEESY MASHED POTATOES (Instant Mashed Potatoes [Potatoes, Mono And Diglycerides, Freshness Preserved 'Mth Sodium Bisulfite, BHT], Water, 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, Apocrotenal Color, Cellulose Powder To Prevent Caking], Nonfat Dry Milk [Fortified Instant Nonfat Dry Milk {Calcium Carbonate, Vitamin A Palmitate, Vitamin DJ}, Ground White Pepper, Ground Garlic, Butter Buds [Whey Solids, Natural Flavor, Maltodextrin, Dehydrated Butter {Buttermilk Powder, Butter}, Guar Gum, Annatto, Turmeric {Color}], MIXED VEGETABLES (Carrots, Corn, Peas, Green Beans) .

