



Nourishment. *Delivered.*

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

Exclusively provided by



**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 half-way 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

PRE-COOKED BREADED POLLOCK NUGGETS (Pollock, Enriched Bleached Wheat Flour [Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Vegetable Oil [Canola, Cottonseed And/Or Soybean], Water, Modified Corn Starch, Enriched Yellow Corn Flour [Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Salt, Dextrose, Spice Extractives, Garlic Powder, Spice, Oleoresin Paprika (Color), Sodium Tripolyphosphate [To Retain Moisture]) 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, Ground White Pepper), PARSLIED CARROTS (Carrots, Parsley)

