



Nourishment. *Delivered.*

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: 109	Total Carbohydrate: 48g
Total Fat: 12g	Dietary Fiber: 9g
Saturated Fat: 2g	Protein: 18g

Exclusively provided by



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

PRECOOKED BREADED WHOLE GRAIN CORNMEAL POLLOCK STICKS (Pollock, Whole Wheat Flour, Vegetable Oil [Canola, Cottonseed and/or Soybean], Whole Grain Yellow Corn Flour, Modified Corn Starch, Enriched Yellow Corn Meal [Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Enriched Wheat Flour [Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water Salt, Dextrose, Tapioca Starch, Spices, Wheat Gluten, Yeast Extract, Palm Oil, Onion Powder, Leavening [Sodium Acid Pyrophosphate, Sodium Bicarbonate], Garlic Powder, Yeast, Sugar, Sodium Tripolyphosphate [To Retain Moisture]), 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, Apocarotenol 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 D}], Chopped Chives, Ground White Pepper), CARROTS

