



Nourishment. *Delivered.*

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, eggs, milk,

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"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

OVEN READY WHOLE GRAIN GOLDEN CRUNCHY BREADED POLLOCK WEDGES (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, Whey, 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 With 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, Apocarotenol 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)

