



**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> <1g
<b>Amount per serving:</b>	<b>Cholesterol:</b> 60mg
<b>Calories:</b> 480	<b>Sodium:</b> 566mg
<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 (haddock), 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 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

BREADED FISH FILLET NUGGETS (Haddock, Enriched Bleached Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic acid], Water, Bleached Wheat Flour, Enriched Wheat Flour [Flour Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Modified Food Starch, Salt, Sugar, Onion Powder, Leavening [Dicalcium Phosphate, Sodium Bicarbonate], Eggs, Mustard, Nonfat milk, Whey, Soy flour, Yeast Extract, Spice, Calcium Carbonate, Malic acid, Natural flavor, Soybean Oil, Yeast, Iodized Salt, Sodium Tripolyphosphate {To Retain Moisture} Precooked in Canola Oil, Cottonseed and/or Soybean Oil), GARLIC MASHED POTATOES (Water, Granulated Potato [Precooked Dried Selected Russet Potatoes, Whey solids {From Milk}, Less than 1% of Calcium Stearoyl Lactylate, Corn Syrup Solids, Soy Protein, Partially Hydrogenated Vegetable Oils {Palm Kernel, Soybean, Cottonseed}, Soy Lecithin, Sodium Caseinate {From Milk}, Mono and Diglycerides, Preservatives {Sodium Acid Pyrophosphate, Sodium Bisulfite, BHT}, Dipotassium Phosphate, Artificial Flavor, Datem], Butter Buds [Whey Solids, Modified Butter Oil and Dehydrated Butter, Corn Syrup Solids, Guar Gum, Annatto and Turmeric {For Color}], Granulated Garlic, Nonfat Milk, Xanthan Gum, White Pepper), PARSLIED CARROTS (Carrots, Butter Flavor Seasoning [Water, Natural and Artificial Flavoring Compounds, Propylene Glycol, Xanthan Gum, FD & C Certified Color including yellow 5], Parsley)

