



**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

<b>Serving Size:</b> 1 meal (279g)	<b>Trans Fat:</b> 0g
<b>Amount per serving:</b>	<b>Cholesterol:</b> 60mg
<b>Calories:</b> 360	<b>Sodium:</b> 540mg
<b>Calories from Fat:</b> 108	<b>Total Carbohydrate:</b> 48g
<b>Total Fat:</b> 12g	<b>Dietary Fiber:</b> 9g
<b>Saturated Fat:</b> 2g	<b>Protein:</b> 18g

Exclusively provided by



**Allergens:** Contains fish(pollock), wheat, soy, milk, 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:** 0.8 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 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

Pollock FishFries (Alaska Pollock 68.5%. Breading & Batter 31.5%, Water, Enriched Wheat Flour [Flour, Niacin, Iron Thiamine Mononitrate, Riboflavin, Folic Acid], Whole Grain Yellow Corn Flour, Whole Wheat Flour, Whole Grain Yellow Corn Meal, Modified Corn Starch, Yellow Corn Flour, Salt, Dextrose, Spices, Sugar, Spice Extractive, Yeast, Canola Oil, Leavening [Sodium Acid Pyrophosphate, Sodium Bicarbonate,], Onion Powder, Extractives of Paprika and Annatto, Natural Flavor. Par fried in Canola and/or Soybean oil), Cheesy Country Potatoes (Water, Sour Cream Seasoning [Buttermilk {Nonfat milk, Lactic Acid, Cream, Citric Acid}, Maltodextrin, Sour Cream { Cream, Nonfat Milk Cultures}, Cultured Nonfat Milk, Citric Acid, Ascorbyl Palmitate {Preservative}, Nonfat Dry Milk, Salt, Disodium Inosinate, Sodium Guanylate], 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], Pasteurized Process Low Sodium American Cheese [Cultured milk, Water, Cream, Skim milk, Sodium Phosphates, Salt, Vegetable Color {Paprika and Annatto Extracts}, Sorbic Acid {Preservative}, Enzymes, Powdered Cellulose {To Prevent Caking}, Natamycin {Preservative}, Non fat Dry Milk, Xanthan gum, Chives, White Pepper), Carrots (Carrots , Butter Flavor Seasoning [Water, Natural and Artificial Flavoring Compounds, Propylene Glycol, Xanthan Gum, FD & C Certified Color including yellow 5])

