



Nourishment. Delivered.

FRZ000653

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: <1g
Amount per serving:	Cholesterol: 51mg
Calories: 496	Sodium: 417mg
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, egg, milk, sulfates

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"Lx13 1/2"Wx9 1/2"H
Pallet: Tiers: 8 Height: 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

WHOLE GRAIN BREADED POLLOCK(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], Water, Modified Corn Starch, Enriched Wheat Flour[Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Contains 2% Or Less Of: Whole Yellow Corn Meal, Sugar, Salt, Yeast, Yeast Extract, Whey, Onion Powder, Leavening [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphates], Yellow Corn Flour, Natural Flavor, Corn Starch, Modified Cellulose, Extractive Of Paprika, Annatto, And Turmeric [For Color], Caramel Color, Egg; 0.14% Dry Whole Eggs, Prefried In Canola, Cottonseed, And/Or Soybean Oil), CHEESY MASHED POTATOES (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], Water, Pasteurized Process Cheese Food [Cheese: Cheddar And Colby Cheese {Milk, Cheese Culture, Salt, Enzymes}, Water, Whey Protein Concentrate, Skim Milk, Whey, Sodium Citrate, Milkfat, Salt, Sodium Phosphate, Sorbic Acid As A Preservative, Apocarotenal {Color}, With Potato Starch And Cellulose Powder To Prevent Caking], Non Fat Dry Milk, Granulated Garlic,], Butter Buds [Whey Solids, Modified Butter Oil And Dehydrated Butter, Corn Syrup Solids, Guar Gum, Annatto And Turmeric {For Color}], White Pepper, Xanthan Gum), SEASONED MIXED VEGETABLES (Mixed Vegetables [Carrots, Corn, Peas, Green Beans], Butter Flavor Seasoning [Water, Natural And Artificial Flavoring Compounds, Propylene Glycol, Xanthan Gum, Fd & C Certified Color Including Yellow 5]).

