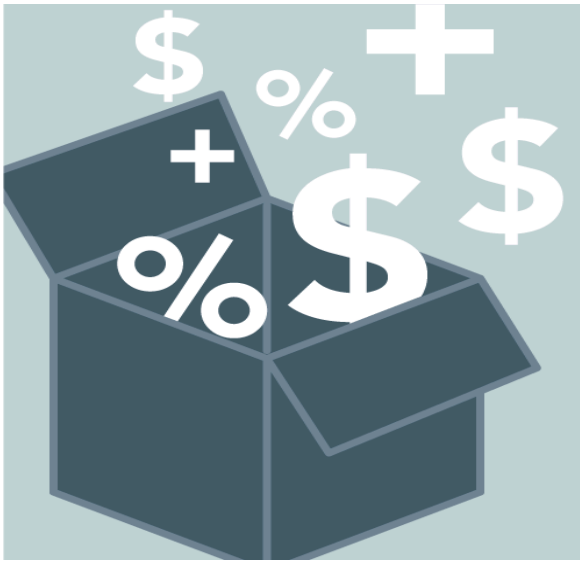
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National food group



Fish, Pollock, Breaded Portion, 4 oz, RTC

Product Details:

Item Number: 614246
Pack Size: 40/4 oz
Serving Per Case: 40
Net Weight: 10 lbs.

Sales Price Per EACH: N/A
Case Price: N/A

Kosher: No
Meal Contribution:
Class: Always Available
Shelf Life: 730 days frozen
Temperature Class: Frozen
Cook State: Uncooked
GTIN-12 UPC:
GTIN-14: 00610379325286

Ingredients:

FISH (MINCED POLLOCK), ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHEAT FLOUR, YELLOW CORN FLOUR, CONTAINS LESS THAN 2% OF: DEXTROSE, BLEACHED WHEAT FLOUR, SALT, SPICE EXTRACTIVES, SOYBEAN OIL (AS A PROCESSING AID), SUGAR

Allergen Statement:

Fish, Wheat

Benefits and Suggested Use:

One (1) 4oz Oven Ready Breaded Portion provides:
• . 0 Trans Fat
• Perfect Portion Control
• < 35% total calories from fat.
• < 10% total calories from saturated fat.
• < 400 mg sodium.

Nutrition Facts

This is a representation of the nutritional label. The nutritional label on the product may vary.

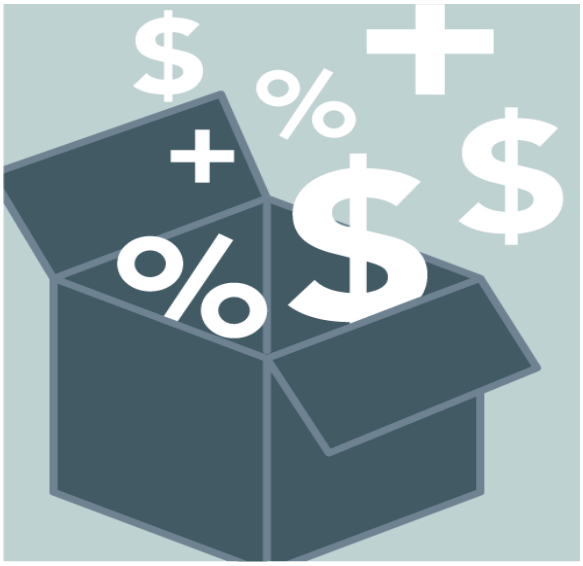
Serving Size	4 oz
Amount Per Serving	
Calories	**190**
	% Daily Value *
Total Fat 7g	**9%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 350mg	**15%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 0g	**0%**
Total Sugars 1g	
Incl. Added Sugars	–
Protein 14g	–
Vitamin D	0%
Calcium	2%
Iron	2%
Potassium	6%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Preparation and Additional Information:

Instructions for Preparation and Cooking:

Preheat convection oven to 400 F, Place frozen portions on a greased sheet and heat for 14-18 minutes; preheat traditional oven to 425 AND HEAT FOR 18-22 minutes OR until golden brown.

Logistics Information:

Gross Weight: 11 lbs
Case Dimensions: 12 X 9 X 5.5
Pallet Count: 140
Cube: 0.344
Block and Tier: 14 and 10

The information provided above is, to the knowledge of National Food Group, true and accurate based on information provided to National Food Group; provided that National Food Group does not make any express or implied warranties with respect to any such information shall have no liability for any inaccuracies contained in any such information.

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