

Fish Sticks Baja Spice

Product Information

W code: W004

Trident: #418304

Serving/case: 40

Net Weight: 10 lbs

Crediting Information per Serving

Serving size: 4 piece (4oz)

Meat or M/A: 2 oz eq

Grain: 1.25 oz eq

Vegetable:

Fruit:

CN Label: Yes*

*Obtain CN label from product package

Nutrition Facts

Serving Size: 4 pieces (4oz)

Amount Per Serving

Calories 220 Calories from Fat 90

Total Fat 10g

Sat. Fat 1.5g

Trans Fat 0g

Cholesterol 40mg

Sodium 460mg

Carbohydrates 18g

Dietary Fiber 2g

Sugars 0g

Protein 15g

Vitamin A 10%

Calcium 2%

Vitamin C 4%

Iron 6%

Preparation Instructions

Cooking Instructions:

*Keep frozen until ready to cook. Thawing is not recommended—cook from frozen.

Convection oven: Preheat to 425°F. Place frozen product on lightly greased baking sheet, cook for 13 to 15 minutes until crisp. Turn product halfway through bake time for best results.

Conventional oven: Preheat to 425°F. Place frozen product on lightly greased baking sheet, cook for 16 to 18 minutes until crisp. Turn product halfway through bake time for best results.

Deep Fry: Heat oil to 350°F. Fry frozen product for 3 to 3 ½ minutes until product is golden brown.

Microwave cooking is not recommended.

*Cooking times and temperatures may vary substantially. Internal temperature should be at least 165°F.

Ingredients

65% Fish (Alaska Pollock), 35% Batter & Breading (whole wheat flour, vegetable oil [soybean and/or canola], whole white corn tortilla pieces [whole white corn flour, vegetable oil {corn, soybean and/or sunflower}], enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, whole grain yellow corn flower, contains 2% or less of: yellow corn flour [processed with lime], salt, wheat gluten, yeast extract, dried garlic, dried onion, dried yeast, green jalapeno pepper, maltodextrin, spices, sugar, paprika extract [color], coconut oil, citric acid, natural flavors, artificial flavors, corn syrup solids, lactic acid, calcium lactate, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides).

Allergens: Fish (Alaska Pollock), wheat, milk