

Pollock Fish Nuggets

Product Information

W code: W010
Trident Seafoods: #418322
Serving/case: 100
Net Weight: 25 lbs

Crediting Information per Serving

Serving size: 4 pieces (4 oz)
Meat or M/A: 2 oz eq
Grain: 1.5 oz eq
Vegetable:
Fruit:
CN Label: No

Nutrition Facts

Serving Size: 4 pieces (4 oz)

Amount Per Serving

Calories 220 Calories from Fat 80

Total Fat 9g

Sat. Fat 1.5g

Trans Fat 0g

Cholesterol 50mg

Sodium 240mg

Carbohydrates 20g

Dietary Fiber 2g

Sugars 1g

Protein 14g

Vitamin A 2%

Calcium 2%

Vitamin C 0%

Iron 6%

Preparation Instructions

Cooking instructions - cook from frozen.
Convection oven: bake at 400°F. for 13 to 15 minutes.
Conventional oven: 425°F. for 16-18 minutes.
Cooking time and temperature may vary with equipment. For added crispness, cook slightly longer.
Cook to an internal temperature of 165°F.

Ingredients

64.2 % fish (alaska pollock) 35.8% batter & breading (whole wheat flour, water, enriched flour [wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], food starch-modified, yellow corn flour, iodized salt, sugar, salt, whole grain yellow corn flour, dextrose, soy flour, yeast, leavening [baking soda, sodium aluminum phosphate], mono and diglycerides, spice extract, spice, guar gum, extractives of paprika). Parfried in soybean and/or canola oil

Allergens: Fish, wheat, soy