

American Pride Seafoods

Pollock Nugget Whole Grain

#73100

W006

INGREDIENTS:

Alaska Pollock, sodium tripolyphosphate (to retain moisture) 65%. Breading 23%: Whole grain wheat flour, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), distilled vinegar, salt, malted barley flour, Pollock protein, yeast, sodium bicarbonate, canola oil, spice extractive.

Batter 12%: Water, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), enriched yellow corn flour (corn flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), corn starch, salt, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), sugar, onion powder, caramel color, spice extractives, extractives of paprika and annatto. Precooked in canola and/or soybean oil.

Contains: Pollock, Wheat

Nutrition Facts

Serving Size 4.10 oz

Servings 1

Amount Per Serving

Calories 200 Fat Cal. 60

%DV

Total Fat 7g 11%

Sat. Fat 0.5 g 5%

Trans Fat 0 g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 4g

Cholesterol 50mg 17%

Sodium 450mg 19%

Total Carb. 18g 6%

Dietary Fiber 1g 4%

Sugars 0g

Protein 15g

Calcium 6%

Iron 8%

Vitamin A 0%

Vitamin C 0%

Serving SIZE 4.10 oz

One 4.10 oz serving provides 2.00 oz of meat/meat alternate and 1.50 serving of grain equivalent for child nutrition meal pattern requirements

SERVINGS/CS 80

NET WEIGHT 20 lbs

HEATING INSTRUCTIONS

Conventional Oven: Place frozen nuggets on baking sheet in a preheated 425° F oven for 15-20 minutes.

Convection Oven: Place frozen nuggets on baking sheet in oven set to 375° F for approximately 15 minutes.

Cook to an internal temperature of 145° F.