



Nutrition Facts

Serving Size: 3.6 OZ
Household Serving Size: 1 piece
Number of Servings per Package: 46

Amount Per Serving		
Calories	160	Calories from Fat: 55
	Per Serving	% Daily Value*
Total Fat	6 g	9%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	50 mg	17%
Sodium	300 mg	13%
Total Carbohydrate	13 g	4%
Dietary Fiber	0.6 g	4%
Sugars	0 g	
Protein	14 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	6%
Calcium	0%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram		
Fat	9	Carbohydrate 4
		Protein 4

Product Specifications:

Code	GTIN	Pack	Type Of Catch
06533C	10074638065332	1 X 10.35 LB	Wild

Brand	GPC Description
Viking	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.39 LB	10.35 LB	USA	No	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.8125	7.8125	8.625 IN	0.617 CF	15x5	456 Days	-15 FA / -14 FA

Ingredients :

71.50% ALASKA POLLOCK; 28.58% COATING: WATER, POTATOES (POTATOES, VEGETABLE OIL (CANOLA, CORN, COTTONSEED, AND/OR SOYBEAN)), WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN MEAL, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF YELLOW CORN FLOUR, MODIFIED CORN STARCH, SALT, CORN STARCH, SUGAR, WHEY, YEAST, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), NATURAL FLAVOR, EGG, PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, EGG, MILK.

Prep & Cooking Suggestions:

CONVECTION OVEN: PREHEAT OVEN TO 400 F, SEPARATE AND PLACE PORTIONS IN SHALLOW PAN. BAKE FOR 12-14 MINUTES.
CONVENTIONAL OVEN: PREHEAT OVEN TO 450 F, SEPARATE AND PLACE PORTIONS IN SHALLOW PAN. HEAT FOR 14-16 MINUTES. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165 F MINIMUM.

Serving Suggestions:

school lunch programs, elderly feeding programs

Allergens (C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - C	Milk - C
Soy - N	Wheat - C
Fish - C	Crustacean - N
Nuts - NI	TreeNuts - N
Peanuts - N	

Claims & Child Nutrition:

BAP Certified : No
MSC Certified : Yes
Has CN Statement : Yes
CN Statement : 2M/.5G

Species / Scientific Name:

Pollock