

High Liner Foodservice Whole Grain Breaded Fish Shapes, Oven-Ready, 1 Ounce, Cooked, Individually Frozen, 10 Lb Case, 1/Case

Item Number: 523291   

These parfried star and fish shaped nuggets are made with a blend of whole fish fillets, and vegetable protein product to create a product ideal for a variety of child-friendly applications. Each piece weighs approximately 1 ounce.





- Individually quick frozen ensures freshness and allows for easy product separation while frozen
- Oven bake or fry for multiple preparation options
- Child Nutrition labeled

Case (1/10 Pound Case)

More

Manufacturer

Pack	1/Case
Portion Size	Each
Portion/Case	160
Net Weight	10lbs
Vendor Item Code	10020540
K-12 Education 	Product Formulation Statement Child Nutrition Label
Cleaner Ingredients 	No High Fructose Corn Syrup No Artificial Preservatives No Trans Fats No Artificial Flavors No Color From Artificial Sources No Artificial Sweeteners
Dietary Attributes 	Whole Grain Rich (>50% Whole Grain)
Country of Origin	United States

Quantity Invoiced, Last 7-Weeks:

Week of	Case	Case
01/24/2021	0	0
01/31/2021	0	0
02/07/2021	0	0
02/14/2021	0	0
02/21/2021	0	0
02/28/2021	0	0
03/07/2021	0	0

UPC Code 1

79149205409

Item Yield

1 Case = 160 Fish Shapes, Whole Grain Breaded, Oven-Ready, 1 Ounce, Cooked, Individually Frozen

Shelf Life

FROZEN = 547 DAYS

Marketing Tips

SOLD BY GFS TO ENABLE IT'S CUSTOMERS TO PURCHASE AN ITEM THAT IS EXCLUSIVELY TARGETED TOWARDS KIDS AND SCHOOLS. THIS ITEM OFFERS THE OPERATOR THE ABILITY TO SERVE A HIGH QUALITY, NUTRITIOUS BREADED FISH (POLLOCK) NUGGET THAT COMES IN UNIQUE STAR & FISH SHAPES. OFFERS EASY PREPARATION AND CONSISTENT PORTION SIZE EVERY SINGLE TIME. THE ITEM GOES FROM FREEZER TO OVEN, TO PLATE IN JUST MINUTES, WHICH SAVES BOTH TIME AND MONEY FOR THE OPERATOR. **HIGH QUALITY, NUTRITIOUS, BREADED NUGGETS IN THE SHAPE OF STARS AND FISH. MADE WITH WHOLE FILLETS, NOT MINCED. CONTAINS FORTIFIED SOY PROTEIN AS AN ADDITIONAL SOURCE OF HEALTHY PROTEIN FOR KIDS. CHILD NUTRITION LABELED FOR EASY MEAL PLANNING. EXCELLENT FOR MENU BUILDING CHILDRENS' MENUS, TYPE A SCHOOL LUNCH PROGRAMS, OR SERVED ALA CARTE. SPECIES NAME IS THERAGRA CHALCOGRAMMA. **PRIMARY: SCHOOLS SECONDARY: CASUAL RESTAURANTS - KID'S MENU**DESIGNED FOR SCHOOLS TO BE THE CENTER-OF-THE-PLATE PROTEIN. BEST WHEN SERVED WITH A VARIETY OF SAUCES FOR DIPPING.

Nutrition

Based On:

AP Fish, Brd, Shapes, O/R, 1z, Samband

Rounding:

On

Thawing Instructions

PRODUCT IS TO BE COOKED FROM HARD FROZEN ONLY.

Basic Preparation

CONVENTIONAL OVEN: PLACE FROZEN IN A PREHEATED 425°F OVEN AND BAKE APPROXIMATELY 15 MINUTES. „CONVECTION OVEN: BAKE AT 400°F 10-12 MINUTES.



Ingredients

66.0% SEAFOOD MIX {52.8% POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]; 8.9% WATER; 2.8% VEGETABLE PROTEIN PRODUCT (ISOLATED SOY PROTEIN, MAGNESIUM OXIDE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, VITAMIN B12, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE MONONITRATE, RIBOFLAVIN); 1.5% SEASONING (SALT, SODIUM PHOSPHATE, MALTODEXTRIN, DEXTROSE, AUTOLYZED YEAST, NATURAL FLAVOR)}; 34.0% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: WHOLE YELLOW CORN MEAL, YELLOW CORN FLOUR, MODIFIED CORN STARCH, SUGAR, SALT, WATER, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DEHYDRATED ONION, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. COMMON ALLERGENS PRESENT: Fish, Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated April 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:

<https://drive.google.com/file/d/17LkEyK1IUNNW8JnQb4TMO5E8B0hpzQFT/view?usp=sharing>

Nutrition Facts	
Serving Size	4 each (112g)
Amount Per Serving	
Calories	220
	<small>% Daily Value *</small>
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 25mg	8%
Sodium 730mg	30%
Total Carbohydrate 21g	7%
Fiber 2g	8%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 13g	26%
Vitamin D n/a	0%
Calcium 30mg	3%
Iron 1.8mg	10%
Potassium 220mg	6%
* The % Daily Value (DV) 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.	



School Equivalents:

Serving Size	4 Each
Meat/Meat Alternative	2 oz
Grain/Breads	1.5 oz eq
Fruit	0 cup
Red/Orange	0 cup
Dark Green	0 cup
Starchy	0 cup
Beans/Peas	0 cup
Other	0 cup
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Additional Images



