

CRUNCHY BREADED POLLOCK FISH NUGGETS

TRIDENT CN

PIECE SIZE: 1 OZ

ITEM #

418305

Whole grain, breaded, and slightly seasoned Wild-caught Pollock. Par-fried and oven ready. Child Nutrition product.

AS PACKAGED:

Nutrition Facts

about 40 servings per container	
Serving size	4 pieces (113 g/4 oz)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 360mg	16%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 2mg	10%
Potassium 318mg	6%
<small>*The % Daily Value 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.</small>	

Visit us @ www.TridentSeafoods.com
e-mail: Sales@TridentSeafoods.com
Phone: 206-783-3474



Date Code Format: JULIAN
Country of Origin: MADE IN THE USA FROM US AND IMPORTED INGREDIENTS

Method of Production: Excluded - 7CFR60.105(b)
Case Pack: 1/10.00 LB
Case Net Wt.: 10.00 lb (4.54 kg)
Case Gross Wt.: 11.50 lb (5.22 kg)
Package UPC:
Case GTIN: 0 00 28029 18305 4
Case Cube (cu.ft.) 0.54
Coating % Target**: 35.80%
Portion Size Target**: 1 OZ
** Plus or Minus variation natural to the production process
Shelf Life: 24 Months FROZEN
Inner (in)
Master (in) L 15.00 W 9.94 H 6.25
Pallet Ti/Hi: 12 / 7

Ingredients

64.2% FISH (ALASKA POLLOCK), 35.8% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, WHEAT GLUTEN, SALT, SUGAR, IODIZED SALT, YEAST, WHOLE GRAIN YELLOW CORN FLOUR, DEXTROSE, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO AND DIGLYCERIDES, SPICE, SPICE EXTRACT, EXTRACTIVES OF PAPRIKA [COLOR]). CONTAINS FISH (ALASKA POLLOCK), WHEAT.

Handling and Preparation

COOKING INSTRUCTIONS:*

KEEP FROZEN UNTIL READY TO COOK.

THAWING IS NOT RECOMMENDED – COOK FROM FROZEN.

CONVECTION OVEN: PREHEAT TO 400°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.

MICROWAVE COOKING IS NOT RECOMMENDED.

* COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY "BONELESS" PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.

dgerasimova@TridentSeafoods.com

FSQA Director, Regulatory Product Compliance

Printed Date: 12/22/2022

Nutritional information is calculated. Data is based on laboratory analysis, information from ingredient suppliers, and USDA Standard Reference values. This information is believed to be accurate, but no warranty is implied.



TRIDENT SEAFOODS CORPORATION
5303 SHILSHOLE AVE NW, SEATTLE, WA 98107