

WG Baja Fish Sticks 1oz CN

TRIDENT CN

PIECE SIZE: 1 OZ

ITEM #

418304

Whole Grain Crunchy Breaded, Seasoned, Wild Caught Pollock, Oven Ready, Child Nutritional Product.

AS PACKAGED:

Nutrition Facts

Serving Size 4 pieces (113 g/4 oz)
Servings Per Container about 40

Amount Per Serving	
Calories 220	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 460mg	19%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 15g	
Vitamin A 10%	Vitamin C 4%
Calcium 2%	Iron 6%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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

Method of Production: Excluded - 7CFR60.105(b) Coating % Target**: 35%
Case Pack: 1/10.00 LB Portion Size Target**: 1 OZ
Case Net Wt.: 10.00 lb (4.54 kg) ** Plus or Minus variation natural to the production process
Case Gross Wt.: 11.50 lb (5.22 kg) Shelf Life: 24 Months-FROZEN
Package UPC: Inner (in)
Case GTIN: 0 00 28029 18304 7 Master (in) L 15.00 W 9.94 H 6.25
Case Cube (cu.ft.) 0.54 Pallet Ti/Hi: 12 / 7

Ingredients

65% FISH (ALASKA POLLOCK), 35% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], WHOLE WHITE CORN TORTILLA PIECES [WHOLE WHITE CORN FLOUR, VEGETABLE OIL {CORN, SOYBEAN AND/OR SUNFLOWER}], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, WHOLE YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR [PROCESSED WITH LIME], SALT, WHEAT GLUTEN, YEAST EXTRACT, DRIED GARLIC, DRIED ONION, DRIED YEAST, GREEN JALAPENO PEPPER, MALTODEXTRIN, SPICES, SUGAR, PAPRIKA EXTRACT [COLOR], COCONUT OIL, CITRIC ACID, NATURAL FLAVORS, ARTIFICIAL FLAVORS, CORN SYRUP SOLIDS, LACTIC ACID, CALCIUM LACTATE, SODIUM CASEINATE [A MILK DERIVATIVE], DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES).
CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK

Handling and Preparation

Keep Frozen at 0 °F or Below. Designed to cook from frozen.
Cooking Instructions:* KEEP FROZEN UNTIL READY TO COOK. Thawing is not recommended – cook from frozen.
Convection oven: Preheat to 425 °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.
Deep Fry: Heat oil to 350°F. Fry frozen product for 3 to 3½ minutes until product is golden brown.
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.

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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.



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