



The Finest and Widest Line of Seafood Anywhere. Since 1928.

OVEN-READY BREADED NATURAL SHAPED FLOUNDER 4 OZ



FEATURES

BENEFITS

Premium seafood	Maintains the flaky texture inside with a flavorful coating
Authentic breaded selection	Our traditional breading enhances premium quality coating
Nutritious and Fun	Combines the healthy benefits of seafood with a golden appeal
Ratio fish to breading	Delivers consistent ratio of fish to breading
Easy and quick to prepare	Ready for both convection and conventional oven
Coat retention	Breading adhered to fish for extended periods of time
Consistent piece size in every box	Control your costs by getting exactly what you pay for



ICYBAY Flounder comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery. www.msc.org



Product Facts

Slade Gorton Code	Certification	Flesh/ Breeding Ratio	Pack/Size	Avg. Pieces/ Case	Case Configuration L x W x H (in)	Case Cube	Pallet TI/Hi
26622	MSC	60/40	1/10#	80	13.19 x 9.44 x 6.563	0.473	14x8

Nutrition Facts - Portion

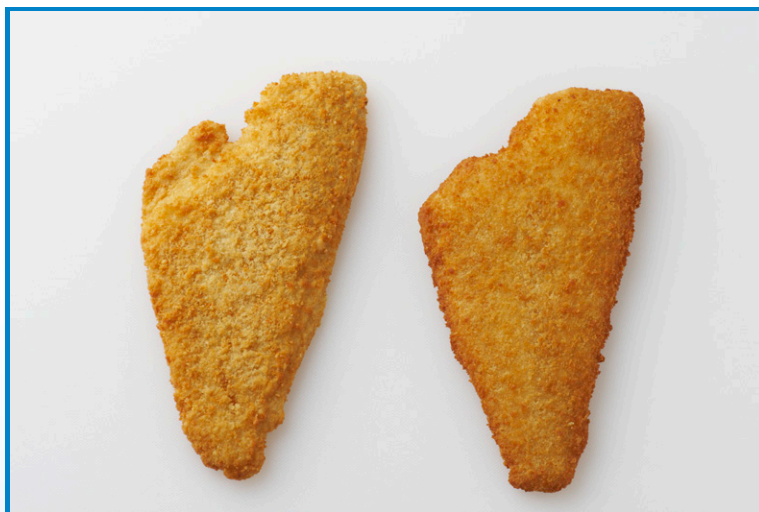
Nutrition Facts	
Serving Size 1 Fillet (about 140 g)	
Servings Per Container about 32	
Amount Per Serving	
Calories 250	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 6g	
Cholesterol 40mg	13%
Sodium 620mg	26%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 14g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 10%
*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	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts - 100g

Nutrition Facts	
Serving Size (100g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 4.5g	
Cholesterol 30mg	10%
Sodium 450mg	19%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	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	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Raw

Cooked



UPC code: 073129266220

GTIN: 00073129266220

LOT #??????

PC #26622MSC

ICYBAY OVEN-READY BREADED NATURAL SHAPED FLOUNDER 4 OZ.

2 6 8 1

KEEP FROZEN

2 6 8 1

PC #26622MSC

ICYBAY OVEN-READY BREADED NATURAL SHAPED FLOUNDER 4 OZ.

INGREDIENTS: Flounder, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified food starch, yellow corn flour, high fructose corn syrup, salt, dextrose, onion powder, sugar, contains less than 2% of: leavening (dicalcium phosphate, sodium bicarbonate), eggs, mustard, nonfat milk, whey, Pollock protein, soy flour, yeast and yeast extract, canola oil, sodium tripolyphosphate (to retain moisture), spice, calcium carbonate, malic acid, natural flavor. Precooked in canola, cottonseed and/or soybean oil. **Contains: Flounder, Wheat, Eggs, Milk, Pollock, Soy.**

COOKING INSTRUCTIONS: CONVECTION OVEN: Preheat oven to 375°F. Place frozen fillets on baking sheet and bake 15-17 minutes or until internal temperature reaches 160°F. CONVENTIONAL OVEN: Preheat oven to 425°F. Place frozen fillets on baking sheet and bake 16-18 minutes or until internal temperature reaches 160°F.



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CoC SF-C-1118

NET WT. 10 LBS. (4.54 Kg)



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BOSTON, MA 02118



SLADE GORTON

NO ONE ELSE

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