

# Item # 7477101

## Haddock with Seafood Stuffing



Portion

100 gram

**PC # 7477101**  
**GOURMET BAY**  
**HADDOCK WITH SEAFOOD STUFFING**  
**6 OZ PORTIONS** Pack 16 x 6 OZ  
**Produced in USA** Wild Caught  
**NET WT 6 LB (2.72 kg)**  
 SG PO#  
 Pack Date:

00073129747712

**GOURMET BAY®**  
**HADDOCK**  
**WITH SEAFOOD STUFFING**

**COOKING INSTRUCTIONS:** Preheat oven to 400 degrees F. Place fish in an oven safe baking dish in the center of the oven shell and bake for 15-17 minutes or until the center is cooked and the fish flakes easily with a fork.  
**MICROWAVE INSTRUCTIONS:** Place fish onto a microwave safe plate. Cover with clear plastic wrap and cook for 6 minutes at 50% power or until the fish is flaky. Allow the product to set for one minute prior to serving.

**INGREDIENTS:** Haddock, Seafood Stuffing (Imitation Crab Meat (Water, Pollock, Egg White, Potato Starch, Sugar, Wheat Starch, Salt, Soybean Oil, Sweet Rice Flour, Natural and Artificial Flavors, Sodium Triphosphosphate, Color Added), Cooked Rice, (Cooked Rice, Water), Soy Bean Oil, Bread Crumbs, (Bleached Wheat Flour, Whole Wheat Flour, Sugar, Contains 2% or less of Partially Hydrogenated Soybean and/or Cottonseed Oil, Salt and Yeast), Water, Jack Cheese (Pasteurized Milk, Salt, Culture, Enzymes), Capriano Seasoning (Dehydrated Vegetables (Onion, Bell Pepper, Celery, Garlic, Parsley), Salt Hydrolyzed Soy Protein, Malodorous), Chicken Fat, Spices including Paprika, Chicken Powder, (Cooked Chicken Meat, BHA, Propyl Gallate, Citric Acid), Annuloyed Yeast, Citric Acid, Oil of Lemon, Spice Extractives), Egg Yolk, Vinegar, Modified Food Starch, Salt, Sage, Sodium Benzoate and Potassium Sorbate (as preservatives), Corn Syrup, Spices, Calcium Disodium EDTA (added to prevent flavor), Natural Flavors).

Contains: Haddock, Pollock, Crab, Shrimp, Egg, Milk, Soy, Wheat  
 Manufactured & Distributed by Stude Gorton & Co., Inc.  
 225 Southampton St. Boston, MA 02118

**Nutrition Facts**  
 Serving Size 6 oz (170g)  
 Servings Per Container

Amount Per Serving	% Daily Value*	
<b>Calories 340</b>	<b>Calories from Fat 170</b>	
<b>Total Fat 19g</b>		<b>30%</b>
Saturated Fat 3.5g		17%
Trans Fat 0g		
<b>Cholesterol 80mg</b>		<b>26%</b>
<b>Sodium 930mg</b>		<b>39%</b>
<b>Total Carbohydrate 21g</b>		<b>7%</b>
Dietary Fiber 0g		0%
Sugars 3g		
<b>Protein 21g</b>		
Vitamin A 2%	•	Vitamin C 2%
Calcium 6%	•	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

**Nutrition Facts**  
 Serving Size (100g)  
 Servings Per Container

Amount Per Serving	% Daily Value*	
<b>Calories 200</b>	<b>Calories from Fat 100</b>	
<b>Total Fat 11g</b>		<b>17%</b>
Saturated Fat 2g		10%
Trans Fat 0g		
<b>Cholesterol 45mg</b>		<b>16%</b>
<b>Sodium 540mg</b>		<b>23%</b>
<b>Total Carbohydrate 13g</b>		<b>4%</b>
Dietary Fiber 0g		0%
Sugars 2g		
<b>Protein 12g</b>		
Vitamin A 2%	•	Vitamin C 2%
Calcium 4%	•	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:  
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Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

Manufacturer Code #	UCC-12 (UPC) (Must Be 12 Digits with NO dashes and NO spaces)	EAN/UCC-14 (Must Be 14 Digits with NO dashes and NO spaces)	Species	Product Description	Pack/ Size	Unit Weight	Gross Weight (lbs)	Net Weight (lbs)
7477101	073129747712	00073129747712	Haddock	Haddock with Seafood Stuffing, 6oz	16-6oz	6	9	6

Manufacturer Code #	Case Cube	Configuration L x W x H	Configuration TI x HI Pallet	Total Case/Pallet	Farm/Fishery Certification	Allergens	Brand	Available
7477101	0.692	18.125 x 11 x 6	8 x 7	56	Iceland Responsible Fisheries	Haddock, Pollock, Crab, Shrimp, Egg, Milk, Soy, Wheat	Gourmet Bay	Boston