

Cod / Oven-Ready Bake n Broil Lemon Pepper Natural Shaped Cod 3.6 oz

UCC14 Code: 00073129234717 UCC12 Code: 073129234717 SUPC Code: 788853



PRODUCT/PACKAGING INFORMATION:

Case Cube	Case Configuration	Pallet Configuration	Cases per Pallet
0.473	13.19 x 9.44 x 6.563	14x8	112

Pack Size	Unit Weight	Gross Weight	Net Weight
1/10#	10	11	10

Farm/Fishery Specification: MSC
Frozen Shelf Life: 18 months from date of manufacture.
Allergens: Yes. Please see label.
Approx. Servings per Case: 44
Labeling: Oven Ready
Freezing: IQF

PRODUCT LABEL:

LOT# ?????? 2661
PC# 23471MSC

ICYBAY OVEN-READY BAKE n BROIL LEMON PEPPER NATURAL SHAPED COD 3.6 OZ.

INGREDIENTS: Cod, bleached wheat flour, butter flavored oil (soybean oil, butter flavor, beta carotene (for color)), enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, Pollock protein, salt, spice, maltodextrin, contains less than 2% of: sugar, yeast, butter (cream, salt), soybean oil, canola oil, citric acid, corn starch, sodium tripolyphosphate (to retain moisture), dehydrated lemon peel, nonfat milk, yellow corn flour, dehydrated garlic, onion powder, guar gum, xanthan gum, natural flavor, extractives of turmeric and annatto, caramel color, turmeric, annatto. **Contains: Cod, Wheat, Pollock, Milk.**

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

Made with 100% natural
NutraPure[®]
a healthy choice

NET WT. 10 LBS. (4.54 Kg)

KEEP FROZEN 2661

PC# 23471MSC

ICYBAY OVEN-READY BAKE n BROIL LEMON PEPPER NATURAL SHAPED COD 3.6 OZ.



00073129234717

DISTRIBUTED BY: SLADE GORTON & CO.,
BOSTON, MA 02118

Nutrition Facts

Serving Size 1 Fillet (101g)	
Servings Per Container about 44	
Amount Per Serving	
Calories 200	Calories from Fat 80
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 320mg	13%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 14g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	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:	
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	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 430mg	18%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 13g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	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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Fat 9 • Carbohydrate 4 • Protein 4	