

Cod / Beer Battered Natural Cod 3.5-4.5 oz

UCC14 Code: 00073129238951 UCC12 Code: 073129238951 SUPC Code: 0730877



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: 40
Labeling:
Freezing: IQF

PRODUCT LABEL:

LOT #?????? ICBAY 2671
BEER BATTERED
PC #238951MSC NATURAL COD 3.5-4.5 OZ.

INGREDIENTS: Cod, enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, rice flour, salt, beer (water malt, hops, yeast), leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), contains less than 2% of: whey, yeast extract, modified food starch, dehydrated garlic, guar gum, spices, sodium tripolyphosphate (to retain moisture), soybean oil, natural flavor, maltodextrin, yellow 5, yellow 6. Precooked in canola, cottonseed and / or soybean oils. **Contains Cod, Wheat, Milk.**

COOKING INSTRUCTIONS: Deep fry frozen fillets at 350°F for 4-6 minutes, or until internal temperature reaches 160°F.

KEEP FROZEN 2671
PC #238951MSC

ICBAY
BEER BATTERED
NATURAL COD 3.5-4.5 OZ.



00073129238951

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

NET WT. 10 LBS. (4.54 Kg)

Nutrition Facts

Serving Size 1 Piece (112g)
Servings Per Container 40

Amount Per Serving

Calories 250 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 690mg **29%**

Total Carbohydrate 22g **7%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 13g

Vitamin A 0% • Vitamin C 0%

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

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving

Calories 230 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 610mg **25%**

Total Carbohydrate 20g **7%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 12g

Vitamin A 0% • Vitamin C 0%

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	Less than	25g	30g

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