

Flounder/Sole / Raw Breaded Natural Flounder Fillet 4.5-5.5 oz

UCC14 Code: 00073129266411 UCC12 Code: 073129266411 SUPC Code: 0788879



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: 32
 Labeling:
 Freezing: IQF

PRODUCT LABEL:

LOT # ??????? 2651
ICYBAY
RAW BREADED
NATURAL FLOUNDER
FILLET 4.5-5.5 OZ.
 PC # 26841MSC

INGREDIENTS: Flounder, bleached wheat flour, water, enriched wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enriched yellow corn flour (corn flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), corn starch, salt, dextrose, contains less than 2% of: leavening (sodium acid pyrophosphate, sodium bicarbonate), sugar, onion powder, Pollock protein, expeller pressed sunflower oil, yeast, sodium tripolyphosphate (to retain moisture), natural flavor, spice extractive, caramel color, extractives of paprika and annatto.
Contains: Flounder, Wheat, Pollock.

Cooking Instructions: Deep fry frozen fillets at 350°F for 5-6 minutes or until internal temperature reaches 160°F.



NET WT. 10 LBS. (4.54 Kg)

KEEP FROZEN 2651
 PC # 26841MSC

ICYBAY
RAW BREADED
NATURAL FLOUNDER
FILLET 4.5-5.5 OZ.



00073129266411

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

Nutrition Facts

Serving Size 1 Fillet (140g)
 Servings Per Container 32

Amount Per Serving		% Daily Value*	
Calories 220	Calories from Fat 20		
Total Fat 2g			3%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 35mg			12%
Sodium 860mg			36%
Total Carbohydrate 36g			12%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 14g			
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		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*	
Calories 160	Calories from Fat 15		
Total Fat 1.5g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 25mg			8%
Sodium 610mg			25%
Total Carbohydrate 26g			9%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 10g			
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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