

1 oz WG Fish & Star Shapes, CN

Bring fun to lunchtime with star and fish shaped nuggets as well as sandwich and entrée portions. Fortified with whole grains and soy protein, you can feel good about offering these nutritious oven baked Pollock portions.



Nutrition Facts

40 Servings per container
Serving Size 4 nuggets

Amount Per Serving
Calories 240

% Daily Value*

Total Fat 10 g **15%**
 Saturated Fat 1.5 g **8%**
 Trans Fat 0 g

Cholesterol 40 mg **13%**
Sodium 730 mg **30%**

Total Carbohydrate 22 g **7%**
 Dietary Fiber 2 g **8%**
 Total Sugars 1 g
 Includes g Added Sugars %

Protein 15 g

Vitamin D mg %
 Calcium mg 2%
 Iron mg 10%
 Potassium mg %

*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Specifications:

| Code | GTIN | Pack | Type Of Catch |
|----------|----------------|------------|---------------|
| 10020540 | 00079149205409 | 1 X 10 LBR | |

| Brand | GPC Description |
|------------------------|------------------------------------|
| High Liner Foodservice | Fish – Prepared/Processed (Frozen) |

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|--------|-------------|
| 11 LBR | 10.0 LBR | USA, CHN | No | No |

| Shipping Information | | | | | | |
|----------------------|---------|----------|---------|-------|------------|-------------------|
| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp |
| 11.8 INH | 7.8 INH | 10.1 INH | 0.5 FTQ | 20x4 | 547 Days | -15 FAH / -14 FAH |

Ingredients:

66.0% SEAFOOD MIX {52.8% POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]; 8.9% WATER; 2.8% VEGETABLE PROTEIN PRODUCT (ISOLATED SOY PROTEIN, MAGNESIUM OXIDE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, VITAMIN B12, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE MONONITRATE, RIBOFLAVIN); 1.5% SEASONING (SALT, SODIUM PHOSPHATE, MALTODEXTRIN, DEXTROSE, AUTOLYZED YEAST, NATURAL FLAVOR)}; 34.0% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: WHOLE YELLOW CORN MEAL, YELLOW CORN FLOUR, MODIFIED CORN STARCH, SUGAR, SALT, WATER, YEAST, WHEY, YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DEHYDRATED ONION, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL.
 CONTAINS: FISH (POLLOCK), WHEAT, SOY, MILK

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

| | | |
|-------------|----------------|--------------|
| Eggs - N | Milk - C | Soy - C |
| Fish - C | Wheat - C | TreeNuts - N |
| Peanuts - N | Crustacean - N | |

Prep & Cooking Suggestions:

CONVENTIONAL OVEN: Bake at 425°F for about 15 minutes.
 CONVECTION OVEN: Bake at 400°F for 10-12 minutes. ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.

Species / Scientific Name:

Serving Suggestions:

Entrees, Finger Foods, Kid-Friendly

Claims & Child Nutrition:

BAP Certified :
 MSC Certified :
 Has CN Statement : NOT_APPLICABLE
 CN Statement :

