

**Nutrition Facts**Serving Size 1 Portion (84g)  
Servings Per Container About 53**Amount Per Serving****Calories** 190    **Calories from Fat** 80

% Daily Value\*

**Total Fat** 9g    **14%**Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol** 20mg    **7%****Sodium** 260mg    **11%****Total Carbohydrate** 16g    **5%**Dietary Fiber 0g    **0%**

Sugars 0g

**Protein** 11g

Vitamin A 0%    • Vitamin C 2%

Calcium 0%    • 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     |

**22055****Par Fried Breaded Fish Portions****3 oz.**

EST. No. 045

**COOKING INSTRUCTIONS:**

REGULAR OVEN: Bake at 425°F for about 20 minutes.

CONVECTION OVEN: Bake at 400°F for about 15 minutes.

ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS..

**INGREDIENTS:** Cod: 65.0% Breeding: 19.6%; Enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, dextrose, yeast, colored with oleoresin paprika and annatto extract. Batter: 15.4%; Water, enriched yellow corn flour (corn flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), corn starch, modified corn starch, salt, cellulose gum, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), iodized salt, natural flavor, spice extractive. Fried in soybean oil.

**CONTAINS FISH (COD), WHEAT.**

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One 3.00 oz. Fried Breaded Fish Portion provides 1.50 oz equivalent meat and 1.00 serving of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 05-12.)

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**NET WT. 10 LB  
( 4.54 Kg)**

KEEP FROZEN

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MANUFACTURED BY:  
HIGH LINER FOODS, PORTSMOUTH, NH 03801  
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