



SAB 1/10 PC RC CN 3 OZ COD

Delicious oven ready portions that are economically priced.



Product Last Saved Date:04 December 2012

Nutrition Facts

Serving Size: 3 OZ

Servings Per Container: 53

Amount Per Serving

Calories 190 Calories from Fat: 80

	Per Serving	% Daily Value*
Total Fat	9 g	14%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	20 mg	7%
Sodium	260 mg	11%
Total Carbohydrate	16 g	5%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	11 g	

	Per Srv		Per Srv
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
Sat. 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

Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
10022055	00079149220556	1	10 LB	53

Brand	GPC Description
Samband of Iceland	

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.5 LB	10 LB	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.813	7.813 IN	7.625 IN	0.545 CF	15x8	547 Days	-15 FA / -14 FA

Ingredients :

COD: 65.0%. BREADING: 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.

Prep & Cooking Suggestions :

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.

Serving Suggestions :

ENTREE

Benefits :

Child Nutrition :

Has CN Statement : Yes
CN Statement : 1.5M/1B

Sustainability Claims :

BAP Certified :
MSC Certified :