SEAFOOD

SAB 1/10 PC RC CN 3 OZ COD

Delicious oven ready portions that are economically priced.



Product Last Saved Date:04 December 2012

Serving Size: 3 OZ Servings Per Container: 53 Amount Per Serving Calories 190 Calories from Fat: 80 Per Serving Per Serving Per Serving Saturated Fat 1.5 g Sodium 260 mg 11% Code Samband of Iceland Samband of Iceland GPC Description Samband of Iceland Gross Weight Samband of Iceland Gross Weight Net Weight Country of Origin Samband of Iceland Gross Weight Net Weight Samband of Iceland Gross Weight Net Weigh	Nutrition	Facts			Product	Specific	cations:				
Amount Per Serving Caiories 190 Celories from Fat: 80 Per Serving % Daily Value* 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% Calclum 0% Vita	Serving Size: 3 OZ						GTIN		Units/Case	Unit/Meas	ure Serving/Cas
Calories 190 Calories from Fai: 80	Servings Per Container: 53			0007914922			0556	1	10 LB	53	
Total Fat 9 g 14% Saturated Fat 1.5 g 8% Trans Fat 0 g 7% Sodium 260 mg 11% Total Carbohydrate 16 g 5% Dietary Fiber 0 g 0% Sugars 0 g 97rotein 11 g 98	Amount Per Serving							or and			
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 C 2% Calcium 0% Iron 6% 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 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300 375g Dietary Fiber 25g 30g Calories per gram	Caiorles 190		Calo	ories from Fat: 80		Bran	d		G	PC Descripti	on
Saturated Fat 1.5 g 8% Trans Fat 0 g 7% Sodium 260 mg 111% Total Carbohydrate 16 g 5% Dietary Fiber 0 g 0% Sugars 0 g Protein 11 g Per Srv Per Srv Vitamin C 2% Calcium 0% Vitamin C 2% Calcium 0% Vitamin C 2% Percent Daily Values are based on a 2,000 calorie diel. 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 2,400mg 2,400mg Total Carbohydrate 30g 00g 25g Olelary Fiber 25g 30g Calories per gram		Per Servi	ng	% Daily Value*	Sam	band of	Iceland				
Trans Fat 0 g	Total Fat	9 g		14%							
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 caloris 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 375g Dietary Fiber 25g 30g Calories per gram Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram	Saturated Fat	1.5 g		8%	Gross W	eight	Net Weight	Cou	ntry of Origin	Kosher	Giuten Free
Cholesterol 20 mg 7% 260 mg 11% 260 mg 11% 260 mg 11% 260 mg 11% 260 mg 260	Trans Fat	0 g			11.51	В	10 LB		LICA	No	
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% Tercent 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 20g 2,400mg Total Carbohydrate 3000 375g Dietary Fiber 25g 30g Calories per gram Shipping Information Length Width Height Volume TixHI 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 PAPPIIKA AND ANNATTO EXTRACT. BATTER: 15.4%; WATER, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOME 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. Calories 2,000 2,500 Total Fat Less than 300mg 300mg Sodium Less than 20g 25g Cholesterol Less than 20g 2,400mg Total Carbohydrate 3000g 375g Dietary Fiber 25g 30g	Cholesterol	20 mg		7%	11.5		10 LD	L	UGA	INO	
Total Carbohydrate 16 g 5% Dietary Fiber 0 g 0% Sugars 0 g Protein 11 g Per Srv Per Srv 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 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 20g 375g Dietary Fiber 25g 30g Calories per gram Length Width Height Volume TixHI 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, ROORN FLOUR, CORN FLOUR, CORN FLOUR, CORN FLOUR, CORN FLOUR, SPICE EXTRACTIVE. FRIED IN SOYBEAN OIL. CONTAINS FISH (COD), WHEAT. NATURAL FLAVOR, SPICE EXTRACTIVE. FRIED IN SOYBEAN OIL. CONTAINS FISH (COD), WHEAT. Calories per gram	Sodium	260 mg		11%	A STATE		THE ROLL OF	Shippi	ng Informati	on	
Dietary Fiber 0 g 0% Sugars 0 g Protein 11 g Per Srv Per Srv Vitamin C 2% Calclum 0% Vitamin C 2% Calclum 0% Iron 6% Calclum	Total Carbohydrate	16 g		5%	Length	Widt	h Height				Storage Temp
Protein 11 g Per Srv Per Srv Vitamin C 2% Calcium 0% Vitamin C 2% Percent Daily Values are based on a 2,000 calorie diet. Your dally 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 2,400mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram Ingredients: CDD: 65.0%. BREADING: 19.6%; ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, DEXTROSE, YEAST, COLORED WITH ON CORN STARCH BRONATTO EXTRACT. BATTER: 15.4%; WATER, ENRICHED YELLOW CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, DEXTROSE, YEAST, COLORED WITH OCCRETED IN SALT, RIBOFLAVIN, FOLIC ACID), CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, DEXTROSE, YEAST, COLORED WITH OCCRETED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, DEXTROSE, YEAST, COLORED WITH OCCRETED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, DEXTROSE, YEAST, COLORED WITH OCCRETED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, ACID ACID ACID ACID ACID ACID ACID ACID	Dietary Fiber	0 g		0%							otorage remp
Per Srv Per Srv 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. Calcium Example 1 Less than 65g 80g Sat. Fat Less than 65g 80g Sat. Fat Less than 2,400mg 2,400mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram 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, 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. 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 WHEAT FLOUR, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, SALT, CELLULOSE GUM, LEAVENING (SODIUM ACID PROPPOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), IODIZED SALT, NATURAL FLAVOR, SPICE EXTRACTIVE. FRIED IN SOYBEAN OIL. CONTAINS FISH (COD), WHEAT. CODIC 5.0%. BREADING: 19.6%; ENRICHED WHEAT FLOUR, RICIT SCILLOSE GUM, LEAVENING (SODIUM ACID PROPPOSPHATE), IODIZED SALT, ACID PROPPOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, IODIZED SALT, ACID PROPPOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, IODIZED SALT, ACID PROPPOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, IODIZED SALT, ACID PROPPOSPHATE, IODIZED SALT, ACI		0 g			15.813	7.813	IN 7.625 IN	0.545	CF 15x8	547 Days	-15 FA / - 14 FA
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 THIAMINE MONONITHATE, RIBOFLAVIN, FOLIC ACID), SALT, DEXTROSE, YEAST, COLORED WITH OLEOR GID, SALT, PARKET GID, SALT, PARKET GID, SALT, 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.	Protein	11 g			Ingredier	nts :					
Vitamin A 0% Vitamin C 2% Calcium 0% Iron 6% *Percent Daily Values are based on a 2,000 calorie diet. Your dally 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	Per S	im.		Don Sm.	COD: 65.0%	. BREADIN	NG: 19.6%; ENRI	CHED W	HEAT FLOUR (F	LOUR, NIACIN, F	EDUCED IRON,
Calclum 0% iron 6% Percent Daily Values are based on a 2,000 calorie diet.Your dally 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 Sodium Less than Sodium Less than 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram			Vitami		OLEORESIN	I PAPRIKA	AND ANNATTO	EXTRA	CT. BATTER: 15.	4%; WATER, ENF	RICHED YELLOW COR
**Tercent Daily Values are based on a 2,000 calorie diet. Your dally 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 2,400mg 2,400mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram	Calcium 0%				FLOUR (COI	rn flouf	R, NIACIN, REDL	JCED IRO	ON. THIAMINE M	ONONITRATE. R	IBOFLAVIN FOLIC
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 Calories per gram	Percent Daily Value	s are based	on a 2,000	calorie diet.Your	ACID PYROI	PHOSPHA	TE, SODIUM BIO	CARBON	ATE. MONOCAL	CIUM PHOSPHA	TE), IODIZED SALT
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	daily values may b calorie needs.	e higher or	r lower dep	ending on your	NATURAL F	LAVOR, SI	PICE EXTRACTI	VE. FRIE	D IN SOYBEAN	OIL. CONTAIN	S FISH (COD), WHEAT.
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 25g 30g		Calories	2.000	2.500							
Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram	Total Fat	Less than	65g								
Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram 25g 30g	Sat. Fat	Less than	20g	25g							
Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram	Cholesterol	Less than	300mg	300mg							
Dietary Fiber 25g 30g Calories per gram			2,400mg	2,400mg							
Calories per gram	Total Carbohydrat	е	300g	375g							
	Dietary Fiber		25g	30g							
Fat 9 Carbohydrate 4 Protein 4	Calories per gram										
	at 9 (Carbohydrate	9 4	Protein 4							

ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.

Serving Suggestions:	Benefits:
ENTREE	

Child Nutrition:

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

BAP Certified: MSC Certified: