



TRIDENT SEAFOODS CORPORATION

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Breaded Sea Shapes Nuggets 1oz WG

Item# **418310**

Whole Grain Breaded, Wild Caught, Par-Fried, Oven Ready, Formed Fun Shapes For Kids. Child Nutritional Product.

Interstate Seafoods

Ingredients:



66.84% FISH (ALASKA POLLOCK, SODIUM TRIPOLYPHOSPHATES [TO PRESERVE MOISTURE]), 33.16% BATTER & BREADING (WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR [WHEAT, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], YELLOW CORN FLOUR, IODIZED SALT, SUGAR, SALT, YEAST, DEXTROSE, SOY FLOUR, WHOLE GRAIN YELLOW CORN FLOUR, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO AND DIGLYCERIDES, SPICE EXTRACT, SPICE, EXTRACTIVES OF PAPRIKA). PARFRIED IN SOYBEAN AND/OR CANOLA OIL.
CONTAINS FISH (ALASKA POLLOCK). WHEAT, SOY.

2.0 oz. Meat Equivalent and 1.5 oz. Grain Equivalent per 4.0 oz. serving

Serving Suggestion

Thawing:

Keep Frozen at 0 degrees F or Below. Designed to cook from frozen.

Preparation:

COOK FROM FROZEN.

CONVECTION OVEN: Bake at 375 degrees F for 13 to 15 minutes.

CONVENTIONAL OVEN: Cook from frozen. Bake at 425 degrees F for 18 to 20 minutes.

Cooking Times & Temperatures may vary with equipment. For added crispness, cook slightly longer.

Cook Product to an Internal Temperature of 165°F.

Organoleptic Characteristics

Portion Size Target*:	1 oz
Fish% Target*:	66.84%
Flavor:	Mild flavor and a light crunch.
Storage:	Keep Frozen at 0 degrees F until ready to use.
Shelf Life:	24 Months-Frozen
Date Code Format:	Julian
	<i>*Plus and Minus variation natural to the production process</i>

Packaging

Package UPC:	N/A
Case Pack:	1/10 lb
Case Net Wt.	10 lb (4.54 kg)
Gross Wt.:	11.2 lb (5.08 kg)
Dimensions:	L 15 W 10 H 6.25
Case Cube (cu.ft.)	0.54
Pallet Tie/Tier:	12 / 7
GTIN:	0 00 28029 18310 8
Method of Production	Excluded - 7CFR60.105(b)
Country of Origin:	Product of USA

As Packaged:

Nutrition Facts			
Serving Size 4 pieces (113 g/4 oz)			
Servings Per Container about 40			
Amount Per Serving			
Calories 220		Calories from Fat 80	
		% Daily Value*	
Total Fat	9g		14%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	50mg		17%
Sodium	370mg		15%
Total Carbohydrate	19g		6%
Dietary Fiber	2g		8%
Sugars	1g		
Protein	15g		
Vitamin A 2% • Vitamin C 0%			
Calcium 2% • Iron 8%			
*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			

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