

# WG Breaded Pollock Portions

**TRIDENT CN**

**PIECE SIZE: 3 OZ**

**ITEM #**

**418317**

Whole Grain Breaded, Wild Caught Pollock, Rectangle Shaped, Lightly Seasoned, Par-Fried, Oven Ready, Child Nutritional Product.

AS PACKAGED:

## Nutrition Facts

Serving Size 1 piece (85 g/3 oz)  
Servings Per Container about 53

Amount Per Serving

**Calories 160**    **Calories from Fat 60**

**% Daily Value\***

**Total Fat 7g**    **11%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol 30mg**    **10%**

**Sodium 250mg**    **10%**

**Total Carbohydrate 14g**    **5%**

Dietary Fiber 2g    **8%**

Sugars 0g

**Protein 11g**

Vitamin A 0%    •    Vitamin C 0%

Calcium 2%    •    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
Protein		50g	65g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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Date Code Format: JULIAN

Country of Origin: MADE IN THE USA FROM US AND IMPORTED INGREDIENTS

Method of Production: Excluded - 7CFR60.105(b)

Case Pack: 1/10.00 LB

Case Net Wt.: 10.00 lb (4.54 kg)

Case Gross Wt.: 11.50 lb (5.22 kg)

Package UPC:

Case GTIN: 0 00 28029 18317 7

Case Cube (cu.ft.) 0.54

Coating % Target\*\*: 35%

Portion Size Target\*\*: 3 OZ

\*\* Plus or Minus variation natural to the production process

Shelf Life: 24 Months-FROZEN

Inner (in)

Master (in) L 15.00 W 9.94 H 6.25

Pallet Ti/Hi: 12 / 7

## Ingredients

64.2% FISH (ALASKA POLLOCK) 35.8% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, WHEAT GLUTEN, SALT, SUGAR, IODIZED SALT, YEAST, WHOLE YELLOW CORN FLOUR, SOY FLOUR, DEXTROSE, LEAVENING [BAKING SODA, SODIUM ALUMINUM PHOSPHATE], MONO AND DIGLYCERIDES, EXTRACTIVES OF PAPRIKA, SPICE EXTRACT, SPICE. CONTAINS FISH (ALASKA POLLOCK), WHEAT, SOY

## Handling and Preparation

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

Cooking Instructions: \* KEEP FROZEN UNTIL READY TO COOK. Thawing is not recommended – cook from frozen.

Convection oven: Preheat to 400 °F. Place frozen product on lightly greased baking sheet, cook for 13 to 15 minutes until crisp. Turn product halfway through bake time for best results.

Conventional oven: Preheat to 425 °F. Place frozen product on lightly greased baking sheet, cook for 18 to 20 minutes until crisp. Turn product halfway through bake time for best results.

Microwave cooking is not recommended.

\* Cooking times and temperatures may vary substantially. Internal temperature should be at least 165 °F. We strive to produce a fully “boneless” product. As with all fish, however, occasional bones may still be present.

FSQA Manager

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Nutritional information is calculated. Data is based on laboratory analysis, information from ingredient suppliers, and USDA Standard Reference values. This information is believed to be accurate, but no warranty is implied.



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