



King & Prince Seafood Corp.
1643 - Mrsf Tavern Bat Cod Fillets, 1 2 Oz

Our exclusive blend of brewer's yeast and natural hops produces authentic pub flavor in a light, crispy batter with a hand-dipped appearance. Add the clean, natural flavors of our most popular species, and Mrs. Friday's® Tavern Battered Fish are the most convenient, versatile way to ensure happy, repeat guests.



* Benefits

Ingredients

COD, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, COTTONSEED AND/OR SOYBEAN OIL, AND CONTAINS LESS THAN 2% OF: MODIFIED CORN STARCH, SALT, GARLIC POWDER, WHEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), RICE FLOUR, CARAMEL COLOR, CORN SYRUP, SPICES, NATURAL FLAVOR, XANTHAN GUM, SUGAR, MALTODEXTRIN, ARTIFICIAL COLOR (INCLUDING FD&C YELLOW 5 [TARTAZINE], FD&C YELLOW 6 [SUNSET YELLOW]). CONTAINS: COD, WHEAT, MILK

⚠ Allergens

Contains:

fish dairy wheat

Free From:

crustaceans eggs peanuts
 sesame soy tree nuts

Nutrition Facts

Serving size	85 Gram
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 320mg	13%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes Added Sugars	%
Protein 10g	
Vitamin D 0mg	0%
Calcium 8.43mg	0%
Iron 0.75mg	4%
Potassium 250mg	5%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Keep Frozen

Serving Suggestions

â Fish & chipsâ Fish sandwichesâ Fish wrapsâ Fish tacosâ Lunch & dinner entrÃ©esâ Fish Fry

Prep & Cooking Suggestions

Keep frozen until ready to use. Do not refreeze.

Convection Oven: Preheat 375Â°F. Place product on baking sheet and cook for approximately 12-14 minutes or until product is crisp.

Deep Fryer: Heat oil to 350Â°F. Add product, shaking baskets occasionally to prevent from adhering. Fry for approximately 4.5 to 5 minutes or until golden brown.

✎ Product Specifications

Brand		Manufacturer		Product Category		
Mrs. Friday's		King & Prince Seafood		Fish, Value Added & Further Processed		
MFG #	SPC #	GTIN	Pack	Pack Desc.		
070052	1643	00070017700521	4	4/2.5 lbs		
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
10.91 lb	10 lb	USA	No			
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.83 in	9.83 in	6.1 in	0.55 ft3	12x7	365 DAYS	-10°F / 0°F



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1643 - Mrsf Tavern Bat Cod Fillets, 12 Oz

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Nutrition Analysis

Calories	150 kcal	Total Fat	7 g	Sodium	320 mg
Protein	10	Trans Fats	0 g	Calcium	8.43 mg
Total Carbohydrates...	12 g	Saturated Fat	1.5 g	Iron	0.75 mg
Sugars	0 g	Added Sugars		Potassium	250 mg
Dietary Fiber	1 g	Polyunsaturated Fat	1 g	Zinc	0.23 mg
Lactose		Monounsaturated Fat	0 g	Phosphorus	
Sucrose		Cholesterol	20 mg		
Vitamin A(IU)•	16.49 NIU	Vitamin D	0 mg	Thiamin	0.09 mg
Vitamin A(RE)		Vitamin E		Niacin	0.72 mg
Vitamin C	1.72 mg	Folate	4.11 µg	Riboflavin	0.09 mg
Magnesium	14.22 mg	Vitamin B-6	0.23 mg	Vitamin B-1 2•	0.53 µg
Monosodium		Sulphites		Nitrates	

Additional Images

