



Icelandic

1067619527 - Hlf 1/10 Big Btr Pol Flt 8 Oz

Seafood doesn't get any bigger or better! Our larger than life portions are great for eye catching seafood platters or a unique oversized sandwich – delivering the ultimate "wow factor" in plate coverage. Available in original and country style.



* Benefits

Nutrition Facts

Serving size	8 Ounce
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 19g	25%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 750mg	32%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mg	0%
Calcium 30mg	2%
Iron 1.9mg	10%
Potassium 280mg	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.

Ingredients

POLLOCK, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, ONION POWDER, SALT, SPICE, YEAST EXTRACT, GARLIC POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR (MALTODEXTRIN, INACTIVE YEAST, NATURAL AND ARTIFICIAL FLAVOR), YELLOW 5, YELLOW 6. CONTAINS: FISH (POLLOCK), WHEAT

Allergens

Contains:

fish wheat

Free From:

crustaceans eggs dairy peanuts
 soy tree nuts

Handling Suggestions

Keep Frozen

Serving Suggestions

ENTREE

Prep & Cooking Suggestions

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 7-9 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 18- 22 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 25-27 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Product Specifications

Brand	Manufacturer	Product Category
Icelandic	High Liner Foods (Usa)	Fish, Value Added & Further Processed

MFG #	SPC #	GTIN	Pack	Pack Desc.
10023828	1067619527	00079149238285	1	1/10 lbs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11 lb	10 lb	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.81 in	7.81 in	8.63 in	0.62 ft3	15x5	540 DAYS	0°F / 0°F



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Nutrition Analysis

Calories	400 kcal	Total Fat	19 g	Sodium	750 mg
Protein	22	Trans Fats	0 g	Calcium	30 mg
Total Carbohydrates...	33 g	Saturated Fat	3 g	Iron	1.9 mg
Sugars	0 g	Added Sugars	0 g	Potassium	280 mg
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	70 mg		
Vitamin A(U)		Vitamin D	0 mg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

