



PUBHOUSE
TRIDENT SEAFOODS
APPROVED

DOT 461060
MFG 435706
GTIN 00028029357066

Pubhouse Cod Fillet Battered, 3-4 Ounces Each, 10 Pound - 1 Per Case

1-10 POUND

11.2 lbs, 0.54 cube, 12 per layer, 84 per pallet

▼ Product Information

Classification:	Fish - Prepared/Processed (Frozen) (10000017)
Dimensions (HxWxD):	6.25 x 9.94 x 15 Inch
Weight Gross / Net:	11.2 Pound / 10 Pound
Origin:	(US) UNITED STATES
Storage Temperature:	-9.00000° to 0.00000°
Pallet Configuration:	Ti:12 Hi:7
Servings Per Container:	41

▼ Features and Benefits (Case GTIN: 00028029357066)

Features:	Classic Pubhouse batter. Scratch made look and taste. Hand cut from natural fillets. Back of the house look and bite. Cooks from frozen. Zero prep time, no mess. Portion control. Consistent serving size; variety of options.
Preparation and Cooking:	Bake - DEEP FRY: HEAT OIL TO 350°F. ADD PRODUCT, SHAKING BASKETS OCCASIONALLY TO PREVENT FROM ADHERING. FRY FOR APPROXIMATELY 5 TO 8 MINUTES OR UNTIL PRODUCT IS GOLDEN BROWN.; CONVECTION OVEN: PREHEAT TO 400°F. PLACE PRODUCT ON BAKING SHEET AND COOK FOR APPROXIMATELY 16 TO 20 MINUTES OR UNTIL PRODUCT IS CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS; CONVENTIONAL OVEN: PREHEAT TO 425°F. PLACE PRODUCT ON BAKING SHEET AND COOK FOR APPROXIMATELY 20 TO 24 MINUTES OR UNTIL PRODUCT IS CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS. * COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 145°F (63° C). WE STRIVE TO PRODUCE A FULLY "BONELESS" PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.
Serving Suggestions:	SERVED WITH YOUR FAVORITE DIPPING SAUCE, FISH TACOS, OR SERVE AS A MAIN ENTREE.
Storage:	KEEP FROZEN BELOW 0° UNTIL READY TO USE. THAWING IS NOT RECOMMENDED – COOK FROM FROZEN.

▼ **Nutritionals and Ingredients (Case GTIN: 00028029357066)**

Representation of label(s). The actual nutritional label(s) and ingredients may vary slightly

Nutrition Facts (Prepared)	
41 Servings Per Container	
Serving Size	110 g
Amount Per Serving	
Calories	210
	% Daily Value*
Total Fat 9.0000 g	12%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 30.0000 mg	10.0000%
Sodium 430 mg	19%
Total Carbohydrate 18 g	7%
Dietary Fiber 0 g	0%
Sugar 1 g	0%
Added Sugar 1 g	2%
Protein 13 g	26%
Vitamin D 0.0000 µg	0.0000%
Potassium 248 mg	6%
Calcium 28 mg	2%
Iron 1.0000 mg	6.0000%
Vitamin A	0%
Vitamin C 0.0000 mg	0.0000%

* 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.

**Child Nutrition Label:
Ingredients:**

No
COD, WATER, BLEACHED WHEAT FLOUR, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, MODIFIED WHEAT STARCH, SUGAR, SALT, WHEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), GARLIC POWDER, YEAST EXTRACT, SPICES (BLACK PEPPER, WHITE PEPPER), NATURAL FLAVOR, MALTODEXTRIN, YELLOW 5, YELLOW 6, GUAR GUM. CONTAINS FISH (COD), WHEAT, MILK.

▼ **Allergens and Diet (Case GTIN: 00028029357066)**

Representation of allergens and dietary claims. The actual allergens and dietary claims may vary slightly.

Allergen Values (FDA)

Contains: Milk, Fish, Wheat, Other Gluten, Corn

Free From:

Peanuts, Tree Nuts, Eggs, Molluscs, Crustacean, Soy, Sesame Seeds, SO2 & Sulphites, Celery, Mustard, Lupine, Shellfish

Suitable For Diet

Organic Not Organic