



Temperature	Frozen Goods
How Packed	10.00 LB 1 per case
Shipping Weight / Net Weight	11 lbs / 10 lbs
Cube	0.616 cube
Pallet Configuration	15 per layer 5 layers 75 per pallet
Dimensions	15.8120" L 7.8120" W 8.6250" H
Shelf Life / Guarantee	540 days / 45 days
Certifications	
Country of Origin	United States

Features

The Perfect Menu Solution For Quality Breaded Portions On A Budget, Including Oven-Ready And Child Nutrition Approved Options. Choose From Our Variety Of Shapes And Sizes For The Ideal Addition To Your Menu.

Preparation

Bake - Cooking Instructions: Cook From Frozen State. Conventional Oven: Bake At 400F For 25-30 Minutes. Convection Oven: Bake At 375F For 20-25 Minutes. Cook To An Internal Temperature Of 165F.

Storage

Keep Frozen



Ingredients

Minced Pollock, Enriched Wheat Flour (Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Canola, Cottonseed, And/Or Soybean), Water, Contains 2% Or Less Of: Enriched Yellow Corn Flour (Corn Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Natural Flavor, Yellow Corn Flour, Yeast, Sugar, Bleached Wheat Flour, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Dextrose, Paprika Extract (Color). Contains: Fish (Pollock), Wheat

✔ Contains

Fish
Wheat

⚠ May Contain

⊘ Free From

Celery, Eggs, Molluscs, Lupine, SO2 & Sulphites, Peanuts, Milk, Crustaceans, Sesame Seeds, Tree Nuts, Soy, Mustard

Known Certifications for This Product:

Serving Size

Nutrition Facts

(Unprepared)

40 Servings Per Container

Serving Size **112 g**

Amount Per Serving

Calories **280**

	% Daily Value*
Total Fat 13.0000 g	16%
Saturated Fat 2.0000 g	10.0000%
Trans Fat 0 g	
Cholesterol 25 mg	9%
Sodium 610 mg	27%
Total Carbohydrate 31.0000 g	11%
Dietary Fiber 1 g	4%
Sugar 2.0000 g	
Added Sugar 0.0 g	0.0%
Protein 10 g	20%
Vitamin D 0 µg	0%
Potassium 130 mg	2%
Calcium 0 mg	0%
Iron 2 mg	10.0000%

* 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.

Notes:

- The actual nutritional label(s), allergens, dietary claims, and ingredients may vary slightly
- The values displayed above are provided by the vendor of the item (High Liner Foods (USA) Incorporated) and are not provided by Dot Foods
- Source GTIN: 10070737534748/Case