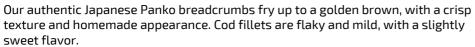


King & Prince Seafood Corp.

3595 - Mrsf Pank Brd Cod Fillets, 2 3 Oz,







* Benefits

COD, BLEACHED WHEAT FLOUR, WATER, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, MODIFIED CORN STARCH, SALT, SUGAR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), YEAST, WHEY, DEXTROSE, ONION POWER, GARLIC POWDER, COTTONSEED OIL, SPICES, SODIUM

Serving size	2.5 Ounce
Amount per serving Calories	100
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 70mg	3%
Total Carbohydrate 168	5%
Dietary Fiber 0.5g	1%
Total Sugars 0.5g	
Includes 0.5&dded Sug	jars 1%
Protein 9g	
Vitamin D 0mg	0%
Calcium 14mg	1%
Iron 0.4mg	2%
Potassium 160mg	3%

a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

Handling Suggestions

CONTAINS: FISH (COD), WHEAT, MILK.

Keep Frozen

ALGINATE, MODIFIED CELLULOSE.

Serving Suggestions

â□¢ Clean, fresh fish flavor that guests preferâ□¢ Inventory cost control and ease of preparationâ□¢ Crispy coating holds in moisture for a tender textureâ□¢ Guestâ□□s interest in sustainable practices increasing

Prep & Cooking Suggestions

Keep frozen until ready to use. Do not refreeze. Cook to an internal temperature of 165ŰF. Appliances may vary. DEEP FRYER: Heat oil to 350ŰF. Add fillets shaking basket occasionally to prevent from adhering. Fry approximately 5 to 5.5 minutes or until golden brown.

Product Specifications

Brand		Manufacturer		I	Product Category	
Mrs. Friday's					ish, Value Added & Further Processed	
MFG #	SPC#	GTIN	Pack		Pack Desc.	
021413	3595	10070017214131	4		4/5 lbs	

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
22.07 lb	20 lb	USA	No	

Shipping Information						
Length	Width	Height	Volume	TixHi	Shelf Life	Storage Temp From/To
17 in	12.88 in	8.13 in	1.03 ft3	8x5	365 DAYS	-10°F / 0°F





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Our authentic Japanese Panko breadcrumbs fry up to a golden brown, with a crisp texture and homemade appearance. Cod fillets are flaky and mild, with a slightly sweet flavor.

Nutrition Analysis

Calories	100 kcal	Total Fat	0 g	Sodium	70 mg
Protein	9	Trans Fats	0 g	Calcium	14 mg
Total Carbohydrates•••	16 g	Saturated Fat	0 g	Iron	0.4 mg
Sugars	0.5 g	Added Sugars	0.5 g	Potassium	160 mg
Dietary Fiber	0.5 g	Polyunsaturated Fat	0 g	Zinc	0.25 mg
Lactose		Monounsaturated Fat	0 g	Phosphorus	
Sucrose		Cholesterol	20 mg		
Vitamin A(IU)•	20.58 NIU	Vitamin D	0 mg	Thiamin	0.01 mg
Vitamin A(RE)		Vitamin E		Niacin	2.07 mg
Vitamin C	2.66 mg	Folate	12.47 µg	Riboflavin	0.05 mg
Magnesium	16.31 mg	Vitamin B-6	0.25 mg	Vitamin B-1 2•	0.57 μg
Monosodium		Sulphites		Nitrates	

Additional Images











