



King & Prince Seafood Corp.  
3595 - Mrsf Pank Brd Cod Fillets, 2 3 Oz,

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 Facts

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 16g	5%
Dietary Fiber 0.5g	1%
Total Sugars 0.5g	
Includes 0.5g Added Sugars	1%
Protein 9g	
Vitamin D 0mg	0%
Calcium 14mg	1%
Iron 0.4mg	2%
Potassium 160mg	3%

\* 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.

\* Benefits

Ingredients

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 POWDER, GARLIC POWDER, COTTONSEED OIL, SPICES, SODIUM ALGINATE, MODIFIED CELLULOSE.  
CONTAINS: FISH (COD), WHEAT, MILK.

Allergens

Contains:

fish dairy wheat

Free From:

crustaceans eggs peanuts  
 sesame soy tree nuts

Handling Suggestions

Keep Frozen

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 165Â°F. Appliances may vary. DEEP FRYER: Heat oil to 350Â°F. Add fillets shaking basket occasionally to prevent from adhering. Fry approximately 5 to 5.5 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.		
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	TlxHI	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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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

