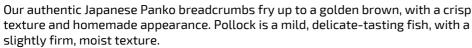


King & Prince Seafood Corp.

3690 - Mrsf Panko Brd Pollock Fillets, 23







* Benefits

ALASKA POLLOCK, BLEACHED WHEAT FLOUR, WATER, ENRICHED BLEACHED WHEAT FLOWER (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, SPICES COTTONSEED

Nutrition Facts Serving size 2.5 Ounce Amount per serving **Calories** 110 % Daily Value* Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 25mg 8% Sodium 85mg 3% **Total Carbohydrate 17g** 6% 1% Dietary Fiber 0.5g Total Sugars 0.5g Includes 0.5 Added Sugars 1% Protein 8g Vitamin D 0mg 0% Calcium 10mg 0% 2% Iron 0.4mg Potassium 150mg 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.

Handling Suggestions

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

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 165°F. Appliances may vary. DEEP FRYER: Heat oil to 350°F. Add fillets shaking basket occasionally to prevent from adhering. Fry approximately 5.5 to 6 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.	
021743	3690	10070017217439	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. Pollock is a mild, delicate-tasting fish, with a slightly firm, moist texture.

Nutrition Analysis

Calories	110 kcal	Total Fat	0 g	Sodium	85 mg
Protein	8	Trans Fats	0 g	Calcium	10 mg
Total Carbohydrates	17 g	Saturated Fat	0 g	Iron	0.4 mg
Sugars	0.5 g	Added Sugars	0.5 g	Potassium	150 mg
Dietary Fiber	0.5 g	Polyunsaturated Fat	0 g	Zinc	0.27 mg
Lactose		Monounsaturated Fat	0 g	Phosphorus	
Sucrose		Cholesterol	25 mg		
Vitamin A(IU)•	23.23 NIU	Vitamin D	0 mg	Thiamin	0.03 mg
Vitamin A(RE)		Vitamin E		Niacin	2.46 mg
Vitamin C	0.54 mg	Folate	11.29 µg	Riboflavin	0.13 mg
Magnesium	39.29 mg	Vitamin B-6	0.16 mg	Vitamin B-1 2•	1.81 µg
Monosodium		Sulphites		Nitrates	

Additional Images











