



King & Prince Seafood Corp.

3690 - Mrsf Panko Brd Pollock Fillets, 2 3

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.



* Benefits

Nutrition Facts

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

Ingredients

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

Allergens

Contains:



Free From:



Handling Suggestions

Keep Frozen

Serving Suggestions

Clean, fresh fish flavor that guests prefer. Inventory cost control and ease of preparation. Crispy coating holds in moisture for a tender texture. Guest 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	TlxHl	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	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

