



King & Prince Seafood Corp.

# 1061145565 - Mrsf Or Brd Pollock Fillets, 1 Oz M

Pre-browned Panko breadcrumbs coat mild, flaky Cod or delicate tasting, slightly firm Pollock that are crafted from 100% natural, untreated fish. These oven-ready breaded fish deliver superior taste and consistency, coupled with the simplicity and healthiness of oven baking.



### \* Benefits

## Nutrition Facts

<b>Serving size</b>	<b>85 Gram</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 1g	<b>3%</b>
Total Sugars 0g	
Includes Added Sugars	<b>%</b>
<b>Protein</b> 10g	
Vitamin D 0mg	<b>0%</b>
Calcium 11.56mg	<b>0%</b>
Iron 0.27mg	<b>1%</b>
Potassium 50mg	<b>1%</b>

\* 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

Ingredients: Pollock, Bleached Wheat Flour, Wheat Flour, Water, Vegetable Oil (Soybean And/Or Cottonseed Oil And/Or Canola Oil, Yellow Corn Flour, Contains 2% Or Less Of The Following: Modified Corn Starch, Salt, Sugar, Onion Powder, Garlic Powder, Yeast, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Whey Powder, Dextrose, Guar Gum, Nonfat Dry Milk, Spices, Paprika Extract (Color), Calcium Propionate. CONTAINS: POLLOCK, WHEAT, MILK

### Allergens

#### Contains:



#### Free From:



### Handling Suggestions

Keep Frozen

### Serving Suggestions

Lunch or dinner entrées  
Fish sandwiches  
Fish wraps  
Fish tacos  
Seafood platters  
Buffets and banquets

### Prep & Cooking Suggestions

**CONVECTION OVEN**  
Preheat to 375°F. Place product on a baking sheet and bake for approximately 12-14 minutes or until product is crisp.

**DEEP FRYER**  
Heat oil to 350°F. Add product, shaking baskets occasionally to prevent from adhering. Fry for approximately 4 to 4½ 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.
075470	1061145565	00070017754708	4	4/2.5 lbs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.95 lb	10 lb	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.83 in	9.83 in	6.1 in	0.55 ft3	12x7	365 DAYS	-10°F / 0°F



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## Nutrition Analysis

Calories	150 kcal	Total Fat	3 g	Sodium	280 mg
Protein	10	Trans Fats	0 g	Calcium	11.56 mg
Total Carbohydrates...	21 g	Saturated Fat	1 g	Iron	0.27 mg
Sugars	0 g	Added Sugars		Potassium	50 mg
Dietary Fiber	1 g	Polyunsaturated Fat	1 g	Zinc	0.07 mg
Lactose		Monounsaturated Fat	0 g	Phosphorus	
Sucrose		Cholesterol	30 mg		
Vitamin A(IU)	7.62 NIU	Vitamin D	0 mg	Thiamin	0.01 mg
Vitamin A(RE)		Vitamin E		Niacin	0.02 mg
Vitamin C	0.14 mg	Folate	7.49 µg	Riboflavin	0.03 mg
Magnesium	9.36 mg	Vitamin B-6	0.04 mg	Vitamin B-12	0.44 µg
Monosodium		Sulphites		Nitrates	

## Additional Images

