AQUA STAR

212477 - **Cod Fillet Panko Breaded 2 3 Oz**

Wild Caught Pacific Cod, Hand-Cut Fillets, Cod is Once Frozen at Sea to Lock in Freshness, Sustainably Sourced, MSC Certified

SGC FOODSERVICE

Benefits

Ingredients

INGREDIENTS: Cod, Wheat Flour, Water, Modified Tapioca Starch, Salt, Corn Starch, Sugar, Garlic Powder, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Spices, Onion Powder, Yeast, Glucose, Soybean Oil. Allergen Warning: Contains Cod, wheat, and soy ingredients.

Allergens

Free From:

crustaceans, eggs, fish, milk, peanuts, sesame, soy, tree nuts, wheat

Nutrition Facts

Servings per Container	**64**
Serving size	**about1fillet(2.5oz(71g))**
Amount per serving	
Calories	
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 300mg	**13%**
Total Carbohydrate 7g	**3%**
Dietary Fiber	**0%**
Total Sugars 0g	
Includes 1g Added Sugar	**2%**
Protein 8g	
Vitamin D 0mcg	**0%**
Calcium 12mg	**1%**
Iron 3mg	**17%**
Potassium 117mg	**2%**

* 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

Keep frozen at 0 deg F (-18 deg C) until ready to use. After thawing do not refreeze.

Serving Suggestions

Ideal for Fish and Chips, Sandwiches, and Entrees.

Prep & Cooking Suggestions

Deep fry preparation, This product is not cooked and intended to be fried before consumption.

Product Specifications

Brand	Manufacturer	Product Category
AQUA STAR	UNIPRO -AQUA STAR	Fish, Value Added & Further Processed

MFG #	SPC #	GTIN	Pack	Pack Desc.
3372157	212477	10731149393353	4	4/2.5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11.9lb	10lb	CHN		No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
14in	11.8in	5.7in	0.55ft3	10x4	0DAYS	0°F / 32°F

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Nutrition Analysis - By Serving

Calories		Total Fat	0.5g	Sodium	300mg
Protein	8	Trans Fats	0g	Calcium	12mg
Total Carbohydrates•••	7g	Saturated Fat	0g	Iron	3mg
Sugars	0g	Added Sugars	1g	Potassium	117mg
Dietary Fiber		Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	20mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

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