

## 488210 - Seafood Medley

Mixed blend, fully cleaned and ready to cook and serve.





### \* Benefits

Ingredients	A Allergens
INGREDIENTS: Squid, Cooked Mussels, Octopus, Shrimp, Salt, Sodium Tripolyphosphate.	Contains:  Grustaceans  Shellfish  mollusks  Free From:
	eggs fish milk peanuts soy fish tree nuts wheat

# **Nutrition Facts**

Servings per Container Serving size 4ozs (113g)

**Amount per serving Calories** 

110

0% 55% 10% 1%
55% 10% 1%
55% 10% 1%
10% 1%
10% 1%
1%
0%
0%
_
0%
3%
17%
6%

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**

Seafood soups or stews. Ideal marinated for a seafood salad.

### Prep & Cooking Suggestions

Pan Fry. Product is raw and intended to be fully cooked before consumption. Keep Frozen until ready to use. Once thawed do not refreeze

### Product Specifications

Brand	Manufacturer		Prod	Product Category	
PACKER	GREAT AMERICAN SEAFOOD			Seafood	
MFG #	SPC #	GTIN	Pack	Pack Desc.	
1903041	488210	10731149920535	12	12/1#	
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition	
21lb 20lb		IDN		No	

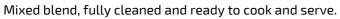
Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
7.5in	10in	16in	0.69ft3	10x3	0DAYS	0°F / 32°F





### **PACKER**

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# Nutrition Analysis - By Serving

Calories	110	Total Fat	Total Fat 2g Sodium		220mg
Protein	19	Trans Fats	0g	Calcium	40mg
Total Carbohydrates	4g	Saturated Fat	0g	Iron	3mg
Sugars	0g	Added Sugars	0g	Potassium	280mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	165mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

<ul><li>Additional Images</li></ul>		

