



TAMPA MAID FOODS INC

102960 - Dipt'n Dusted Brd Grouper Tenders

Lightly battered and coated in our proprietary Dipt'n Dusted seasoned flour coating. They offer a genuine made from scratch look and taste. Each tender is crispy on the outside, bursting with hearty flavor, and features a succulent piece of grouper at its core.



* Benefits

Wild Caught. Sustainably sourced. Goes from the freezer to the fryer (or oven), no additional prep required.

Ingredients

Grouper Fillets (Wild Caught), Bleached Wheat Flour, Vegetable Oil (Contains One Or More Of The Following: Soybean, Corn And/Or Cottonseed Oil), Water, Modified Corn Starch, Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains 2% Or Less Of: Salt, Red Pepper, Sodium Tripolyphosphate (To Retain Moisture), Yellow Corn Flour, Eggs, Whey, Soy Flour, Sodium Hexametaphosphate, Modified Cellulose, Xanthan Gum, Extractives Of Turmeric And Annatto.
Contains: Grouper, Wheat, Egg, Milk, Soy.

⚠ Allergens

Contains:

🥚 eggs 🐟 fish 🥛 milk 🫘 soy 🌾 wheat

Free From:

🦀 crustaceans 🐌 mollusks 🥜 peanuts
🌿 sesame 🌳 tree nuts

Nutrition Facts

Servings per Container 55
Serving size 3.5oz(98g/About2Tenders)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 320mg	14%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 36mg	3%
Iron 1mg	6%
Potassium 284mg	6%

* 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 UNTIL READY TO USE.
DO NOT REFREEZE.

Serving Suggestions

Super versatile - perfect for grouper sandwiches, tacos, salad toppers, as the COP protein and more!

Prep & Cooking Suggestions

Deep fry at 350F for 3 - 4 minutes or until golden brown.

📄 Product Specifications

Brand	Manufacturer
Tampa Maid	Tampa Maid Foods, Inc.

MFG #	SPC #	GTIN	Pack	Pack Desc.
1FS00846020	102960	10025753019953	6	6/2 lbs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13.8lb	12lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.38in	12.13in	7.44in	0.7ft3	12x7	730DAYS	0°F / 0°F



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Nutrition Analysis - By Serving

Calories	230	Total Fat	11g	Sodium	320mg
Protein	12	Trans Fats	0g	Calcium	36mg
Total Carbohydrates...	18g	Saturated Fat	2g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	284mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	20mg		
Vitamin A(IU)•	193.99	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0.2mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

