

ALASKAN POLLOCK REDI CUTS™

TRIDENT

PIECE SIZE: .36 OZ

ITEM #

424913

-Made from once-frozen, untreated Wild Alaskan Pollock fillet block-Deep-skinned for whiter fillets-Significant savings on labor costs & prep time-
One of the most abundant and sustainable seafood species in the world-Serve seafood where you never could before

AS PACKAGED:

Nutrition Facts

Serving Size 4 oz. (113g)
Servings Per Container about 40

Amount Per Serving

Calories 80 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 180mg **8%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 19g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Date Code Format: JULIAN
Country of Origin: PRODUCT OF USA

Method of Production: WILD
Case Pack: 1/10.00 LB
Case Net Wt.: 10.00 lb (4.54 kg)
Case Gross Wt.: 11.20 lb (5.08 kg)
Package UPC:
Case GTIN: 0 00 28029 24913 2
Case Cube (cu.ft.) 0.54

Coating % Target**: 0%
Portion Size Target**: 10 GM
** Plus or Minus variation natural to the production process
Shelf Life: 12 Months-FROZEN
Inner (in)
Master (in) L 15.00 W 9.94 H 6.25
Pallet Ti/Hi: 12 / 7

Ingredients

Alaska Pollock.
Contains Fish (Alaska Pollock).

Handling and Preparation

COOK FROM FROZEN.

Heat skillet to medium-high (400°F) and add oil to cover bottom of pan. Cook for about 4-6 minutes while turning to ensure even cooking throughout.

*Cooking times and temperatures may vary substantially. Internal temperature should be at least 165°F. We strive to produce a fully "boneless" product. As with all fish, however, occasional bones may still be present.

FSQA Manager

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