



M612

WG SOUTHERN-STYLE POLLOCK FINGERS

Whole grain Southern-style pollock fingers with country-style potatoes and carrots.

Nutritionally balanced, restaurant-inspired meals designed for home delivery programs.



NUTRITION INFORMATION

Serving Size: 1 meal (384g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 53mg
Calories: 324	Sodium: 487mg
Calories from Fat: 90	Total Carbohydrate: 45g
Total Fat: 10g	Dietary Fiber: 7g
Saturated Fat: <1g	Protein: 16g

Exclusively provided by



Allergens: Contains fish(pollock), wheat, soy, milk, sulfites

SPECIFICATIONS

Product Code: M612
UPC: 735108506122
Units per Case: 20
Cases per Pallet: 56
Gross Case Weight: 18 lb
Net Case Weight: 16 lb
Unit Weight: 0.8 lb
Cube: 1.3 cubic ft
Dimensions: 17 1/2"L x 13 1/2"W x 9 1/2"H
Pallet: Tiers: 8 **High:** 7



PREP INSTRUCTIONS

Heat meals to a minimum internal temperature of 165 degrees F for 15 seconds.

Conventional Oven: Puncture film, cook at 300 degrees F for approximately 30-35 minutes.

Microwave: Puncture film, cook on HIGH for 6-8 minutes, turn halfway through heating cycle.

NOTE: Oven & Microwave cook times may vary - modify cook times accordingly to ensure thorough cooking. For best results, verify temperatures using a food thermometer.

Ingredients

Pollock FishFries (Alaska Pollock 68.5%. Breading & Batter 31.5%, Water, Enriched Wheat Flour [Flour, Niacin, Iron Thiamine Mononitrate, Riboflavin, Folic Acid], Whole Grain Yellow Corn Flour, Whole Wheat Flour, Whole Grain Yellow Corn Meal, Modified Corn Starch, Yellow Corn Flour, Salt, Dextrose, Spices, Sugar, Spice Extractive, Yeast, Canola Oil, Leavening [Sodium Acid Pyrophosphate, Sodium Bicarbonate,], Onion Powder, Extractives of Paprika and Annatto, Natural Flavor. Par fried in Canola and/or Soybean oil), **Cheesy Country Potatoes** (Water, Sour Cream Seasoning [Buttermilk {Nonfat milk, Lactic Acid, Cream, Citric Acid}, Maltodextrin, Sour Cream { Cream, Nonfat Milk Cultures}, Cultured Nonfat Milk, Citric Acid, Ascorbyl Palmitate {Preservative}, Nonfat Dry Milk, Salt, Disodium Inosinate, Sodium Guanylate], Granulated Potato [Precooked Dried Selected Russet Potatoes, Whey solids {From Milk}, Less than 1% of Calcium Stearoyl Lactylate, Corn Syrup Solids, Soy Protein, Partially Hydrogenated Vegetable Oils {Palm Kernel, Soybean, Cottonseed}, Soy Lecithin, Sodium Caseinate {From Milk}, Mono and Diglycerides, Preservatives {Sodium Acid Pyrophosphate, Sodium Bisulfite, BHT}, Dipotassium Phosphate, Artificial Flavor, Datem], Pasteurized Process Low Sodium American Cheese [Cultured milk, Water, Cream, Skim milk, Sodium Phosphates, Salt, Vegetable Color {Paprika and Annatto Extracts}, Sorbic Acid {Preservative}, Enzymes, Powdered Cellulose {To Prevent Caking}, Natamycin {Preservative}, Non fat Dry Milk, Xanthan gum, Chives, White Pepper), **Carrots** (Carrots , Butter Flavor Seasoning [Water, Natural and Artificial Flavoring Compounds, Propylene Glycol, Xanthan Gum, FD & C Certified Color including yellow 5])

