



075434 - MRS. FRIDAY'S® OVEN READY
PARMESAN CRUSTED POLLOCK FILLETS,
3-4 oz, 4/2.5#

Each pollock fillet is crafted from whole muscle, untreated fish and coated in a savory parmesan crust that enhances the flavor with every bite. This oven-ready product offers easy-prep and ensures a perfect balance of flavor and crunch. With 14g of protein per fillet, they are the perfect menu addition for healthcare and senior living facilities.

Brand: Mrs. Friday's



Nutrition Facts

46 servings per container
Serving size 3.5 ounces (3.5oz)

Amount per serving
Calories 200

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 430mg	19%
Total Carbohydrate 23g	9%
Dietary Fiber 1g	5%
Total Sugars 1g	
Includes 0g Added Sugars	0%

Protein 14g	
Vitamin D 0mcg 0%	Calcium 30mg 2%
Iron 1.6mg 8%	Potassium 240mg 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.

Ingredients

Alaska Pollock, Bleached Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, Modified Corn Starch, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cottonseed And/Or Soybean Oil, Wheat Gluten, Salt, Canola Oil, Whey Protein Concentrate, Dehydrated Garlic, Spices(Including Paprika), Cream (Milk), Garlic Powder, Yeast, Whey Solids, Natural Flavor, Dehydrated Onion, Yeast Extract, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Nonfat Milk, Onion Powder. Contains: Fish (Pollock), Milk, Wheat.

Product Specifications

GTIN	00041338754340	Case Gross Weight	11 LB
UPC	041338754340	Case Net Weight	10 LB
Pack Size	4 / 2.5LB	Case L,W,H	15.83 IN, 9.83 IN, 6.10 IN
		Cube	0.55 CF
Tie x High	12 x 7		

Preparation and Cooking

Keep frozen until ready to use. Do not refreeze. Cook to an internal temperature of 165°F. Appliances may vary. Deep Fryer: Heat oil to 350F. Add product, shaking baskets occasionally to prevent from adhering. Fry for approximately 6½-7 minutes or until internal temperature reaches 165°F. Convection Oven: Preheat 375F. Place product on baking sheet and cook for approximately 16-18 minutes or until internal temperature reaches 165°F.

Serving Suggestions

- Lunch or dinner entrées •Fish sandwiches • Fish wraps • Pasta Dishes •Seafood platters •Buffets and banquets

Packaging and Storage

Keep Frozen