



## Nutrition Facts

Serving Size (114g)  
Servings Per Container

Amount Per Serving

**Calories 160**    **Calories from Fat 45**

% Daily Value\*

**Total Fat 5g**    **8%**

Saturated Fat 0.5g    **3%**

Trans Fat 0g

**Cholesterol 30mg**    **10%**

**Sodium 450mg**    **19%**

**Total Carbohydrate 29g**    **10%**

Dietary Fiber 0g    **0%**

Sugars 1g

**Protein 11g**

Vitamin A 0%    • Vitamin C 0%

Calcium 2%    • Iron 6%

\*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		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## OVEN READY PANKO BREADED FLOUNDER FILLET 4oz 1/10 LB.

### PRODUCT SPECIFICATIONS

code	GTIN	SCC	units/case	unit size/measure	serving/case
003566	XXXXXXXX		1	10 lb	40

brand	IFDA category	IFDA class
Colony Lane	Seafood	Seafood/Frozen

gross weight	net weight	country of origin	Kosher	Child Nutrition
11 lb	10 lb	U.S.A.	Not Kosher	No

### SHIPPING INFORMATION

length	width	depth	TL x HI	storage temp from/to	cube
13.375"	9.5"	6.375"	14 x 10	-15°F/ -10°F	0.48

**INGREDIENTS:** FISH (FLOUNDER), ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, YELLOW CORN FLOUR, WHEAT FLOUR, CANOLA OIL, WATER, CONTAINS LESS THAN 2% OF: SUGAR, SALT, BLEACHED WHEAT FLOUR, SOYBEAN OIL (AS A PROCESSING AID), YEAST, CALCIUM PROPIONATE (AS A PRESERVATIVE), SPICE EXTRACTIVE, DEXTROSE.

**COOKING INSTRUCTIONS:** Convection oven: Bake frozen at 400 F for 15-20-minutes. Conventional oven: Bake frozen at 425 F for 25-30 minutes, or until 155 F internally.

**HANDLING INSTRUCTIONS:** Keep Frozen @ -10° F or Below until ready to prepare.