



075711 - MRS. FRIDAY'S® CRISPY SOUTHERN FLOUNDER

Crispy Southern Flounder are small two-bite strips of hand-cut natural flounder fillets with a flour and cornmeal coating and flash-fried; their perfect size, gnarley appearance and classic crunch make them incredibly versatile.

Brand: Mrs. Friday's



Nutrition Facts

40 servings per container

Serving size 100 grams (100g)

Amount per serving

Calories 173

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g 4%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 28mg 9%

Sodium 474mg 20%

Total Carbohydrate 22g 7%

Dietary Fiber 0g 0%

Soluble Fiber 0

Insoluble Fiber 0g

Total Sugars 1g

Includes g Added Sugars 0%

Protein 14g

Vitamin D 0mcg 0% • Calcium 0mg 0%

Iron 0mg 2% • Potassium 0mg 0%

* 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

Flounder, Bleached Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cottonseed Oil, Modified Corn Starch, Salt, Dextrose, Wheat Gluten, Extractives of Paprika And Annatto, Garlic Powder, Monosodium Glutamate, Natural Flavor, Onion Powder, Spices, Sugar, Citric Acid, Chili Pepper, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Yeast, Sodium Tripolyphosphate. Contains: Fish, Wheat.

Product Specifications

GTIN	00041338757112	Case Gross Weight	11 LB
UPC		Case Net Weight	10 LB
Pack Size	4 / 2.5LB	Case L,W,H	15.83 IN, 9.83 IN, 7.11 IN
		Cube	0.64 CF
Tie x High	12 x 6		

Preparation and Cooking

Do Not Thaw * Do Not Overcook. NOTE: Cooking times may vary, cook to an internal temperature of 165°F. CONVECTION OVEN Preheat oven to 375°F. Place product on baking sheet and cook for approximately 10-12 minutes. DEEP FRYER Fry in clean oil at 350°F / 177°C for 3 to 3 ½ minutes or until golden brown.

Serving Suggestions

Unique appetizers & hors d'oeuvres, Small plates, Bar baskets, Banquets and catering. Children's meals

Packaging and Storage

Keep Frozen

Allergens

CONTAINS:

Fish or Fish Derivatives, Wheat or Wheat Derivatives

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Milk or Milk Derivatives, Peanuts or Peanut Derivatives, Sesame seeds or Sesame seed Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives

Barcode

Case Barcode



00041338757112

Each Barcode



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