

# HOT AND SPICY FISH SANDWICH



MADE WITH WILD CAUGHT  
ALASKAN POLLOCK  
ON-TREND SPICY FLAVOR PROFILE  
CRUNCHY WHOLE GRAIN COATING



## TRIDENT SEAFOODS HOT AND SPICY FISH SANDWICH

Our Hot & Spicy Fish Sandwich portions are a superior source of protein with a kick. Made with wild-caught Alaskan Pollock – a natural source of Omega-3s, potassium, iron, and calcium – our Hot & Spicy Fish Sandwich offers kids the protein they need and the spicy flavor & crunch they want. Perfect on a bun or in a taco.

Trident Seafoods' line of Child Nutrition items allow you to meet changing NSLP Nutrition guidelines while continuing to provide the same great-tasting products your students have always loved. Wild-caught and sustainably harvested, Trident's exclusive line of Child Nutrition products help you stay ahead of the curve – easily and affordably.

### FEATURES & BENEFITS

#### Wild Alaskan Pollock

From the World's Largest Sustainable Fisheries

#### A Flavorful Sandwich That is Good for you

Made from top quality once-frozen Alaskan Pollock fillets

#### Popular Flavor Trend

Demand is growing for spicy food

### SPECIES INFORMATION

Wild-caught in the icy waters of Alaska, Alaskan Pollock is one of the most abundant and sustainable seafood species in the world. A Cousin to cod and similar in flavor, texture, and appearance, Alaskan Pollock's lean, snowy-white meat, delicate texture, and mild flavor make it an extremely versatile and healthy seafood choice.

### COOKING & HANDLING INSTRUCTIONS\*

**KEEP FROZEN UNTIL READY TO COOK.** Thawing is not recommended – cook from frozen.

**Convection oven:** Preheat to 375° F. Place frozen product on lightly greased baking sheet, cook for 17-21 minutes until crisp. Turn product halfway through bake time for best results.

Let stand 2-3 minutes.

Microwave cooking is not recommended.

\*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.



5303 SHILSHOLE AVE NW, SEATTLE, WA 98107

(800) 367-6065

(206) 783-3474

FAX: (206) 782-7246

E-MAIL: Sales@TridentSeafoods.com



### PACK INFORMATION

ITEM #	DESCRIPTION	PORTION SIZE	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
425226	WG CN Spicy Fish Sandwich Pollock	3.6 oz	1/10 lb.	44	0 00 28029 25226 2
10 LB. PACK: DIMENSION: (L x W x D) 15" L x 10" W x 6.25" H GROSS WEIGHT: 11.2 lb. CUBE: .54 TI HI: 12 x 7					
MEAT EQUIVALENT: 2 oz			BREAD SERVINGS: 1 oz		

### Nutrition Facts

Serving Size 1 piece (102 g/3.6 oz)  
Servings Per Container about 44

#### Amount Per Serving

**Calories 190**      Calories from Fat 80

% Daily Value

**Total Fat 9g**      **14%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 45mg**      **15%**

**Sodium 310mg**      **13%**

**Total Carbohydrate 15g**      **5%**

Dietary Fiber 0g      **0%**

Sugars 0g

**Protein 15g**      **30%**

Vitamin A 4%      •      Vitamin C 0%

Calcium 2%      •      Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

ALASKA POLLOCK, WHOLE WHEAT FLOUR, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WATER, YELLOW CORN FLOUR, SALT, SPICES (INCLUDING CELERY SEED), GARLIC POWDER, WHEAT GLUTEN, ONION POWDER, YEAST, POTASSIUM CHLORIDE, EXTRACTIVES OF PAPRIKA AND TURMERIC, SUGAR, WHOLE GRAIN YELLOW CORN FLOUR, YEAST EXTRACT, IODIZED SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SPICE EXTRACTIVES. CONTAINS FISH (ALASKA POLLOCK), WHEAT,

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