

SEAFUSIONS™ ALASKAN COD BITES

Crunchy Potato or Spicy Sriracha



Crunchy Potato Cod Bites

NOW AVAILABLE OVEN-READY AND FRYER-READY
MADE WITH WILD-CAUGHT ALASKAN COD
TWO EXCITING AND ON-TREND FLAVOR OPTIONS
HAND MADE BACK-OF-THE-HOUSE APPEARANCE



SEAFUSIONS™ ALASKAN COD BITES

Trident Seafoods' SeaFusions™ Cod Bites add excitement and flavor to your menu with two savory and spicy options: Crunchy Potato and Spicy Sriracha. Trident SeaFusions™ Cod Bites feature a fresh prep, natural hand-cut appearance that opens up a whole new world of menu possibilities.

FEATURES & BENEFITS

Popular Flavor Profiles

Offer your customer a fun and craveable dining experience

Versatile Menu Options

Menu our Cod Bites as a side, snack item, or appetizer

Cooks From Frozen

Ready in minutes with no waste or prep

High Protein

At least 13 grams per serving

SPECIES INFORMATION

Wild-caught Alaskan Cod is one of the most popular and versatile whitefish options in the world. Offering a mildly sweet flavor, a delicate texture, and a large flake, Alaskan Cod is well suited for a wide variety of menu applications. Alaskan Cod is also a sustainable, ocean-friendly seafood choice that is managed by the North Pacific Fishery Management Council with oversight from the National Oceanic and Atmospheric Association.

INGREDIENT INFORMATION

To view ingredient information, please go online to <http://www.tridentseafoods.com/Food-Service/Product-Browse> and type in the product item number in our product search in the lower left corner.

Nutrition Facts	Fryer-Ready Potato Cod Bites		Fryer-Ready Sriracha Cod Bites		Oven-Ready Potato Cod Bites		Oven-Ready Sriracha Cod Bites	
	8 pieces (113 g/4 oz)		8 pieces (113 g/4 oz)		9 pieces (113 g/3.9 oz)		9 pieces (111 g/3.9 oz)	
Amount Per Serving								
Calories	190		180		250		230	
Calories from Fat	30		5		120		80	
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	3.5g	5%	1g	2%	13g	20%	9g	14%
Saturated Fat	0.5g	3%	0g	0%	1.5g	8%	1.5g	8%
Trans Fat	0g		0g		0g		0g	
Cholesterol	25mg	8%	25mg	8%	25mg	8%	30mg	10%
Sodium	660mg	28%	920mg	38%	480mg	20%	450mg	19%
Total Carbohydrate	28g	9%	29g	10%	20g	7%	22g	7%
Dietary Fiber	1g	4%	1g	4%	1g	4%	1g	4%
Sugars	0g		2g		0g		1g	
Protein	13g		13g		13g		15g	
Vitamin A		0%		10%		0%		15%
Vitamin C		6%		2%		6%		2%
Calcium		2%		2%		2%		2%
Iron		4%		6%		4%		6%

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



Spicy Sriracha Cod Bites

COOKING & HANDLING INSTRUCTIONS

Keep frozen until ready to use. Cooking times vary with equipment and load; adjust as needed.

OVEN READY: Using a conventional oven, reheat to 450° F. Place frozen bites on lightly greased baking sheet, cook for 10 to 14 minutes until crisp. Turn product halfway through bake time for best results.

FRYER READY: Preheat oil to 350° F. Fry for 2½ to 3½ minutes or until product is golden brown. Shake baskets occasionally to prevent adhesion.

Cooking tip: Cooking times and temperatures may vary substantially. Test cooked fish by inserting fork at the thickest part of the fillet. Fish should flake with gentle pressure, and flesh should be opaque. (Internal temperature should be at least 165°F.)

We strive to produce a fully "boneless" product. As with all fish, however, occasional bones might still be present.

PACK INFORMATION

ITEM #	DESCRIPTION	PORTION SIZE	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
FRYER-READY COD BITES					
421387	Crunchy Potato Cod Bites	0.50 oz	1/10 lb.	320	0 00 28029 21387 4
420981	Spicy Sriracha Cod Bites	0.50 oz	1/10 lb.	320	0 00 28029 20981 5
OVEN-READY COD BITES					
422169	Crunchy Potato Cod Bites O/R	0.43 oz	1/10 lb.	369	0 00 28029 22169 5
422111	Spicy Sriracha Cod Bites O/R	0.43 oz	1/10 lb.	369	0 00 28029 22111 4
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					



5303 SHILSHOLE AVE NW, SEATTLE, WA 98107

(800) 367-6065

(206) 783-3474

FAX: (206) 782-7246

E-MAIL: Sales@TridentSeafoods.com

www.TridentSeafoods.com