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EST.NO. 391#

3.6 oz. Crunchy Potato Breaded Fish Wedge

LOT: AYJJJLW



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One precooked breaded fish portion (3.6 oz. each) provides 2.00 oz. equivalent meat and 0.50 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA, 00/0000)

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INGREDIENTS: FISH (ALASKA POLLOCK), VEGETABLE OIL (SOYBEAN AND/OR CANOLA), POTATO STICKS (POTATOES, COTTONSEED OIL, CORN OIL, SOYBEAN OIL, AND/OR CANOLA OIL, SALT), DEHYDRATED POTATO FLAKES (POTATOES, MONO AND DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE, CITRIC ACID), WHOLE WHEAT FLOUR, WHOLE YELLOW CORN MEAL, BROWN RICE FLOUR, WHOLE YELLOW CORN FLOUR, ENRICHED WHEAT FLOUR (NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, POTATO FLAKES (POTATOES, MONO AND DIGLYCERIDES, SODIUM ACID PYROPHOSPHATE, SODIUM BISULFATE AND CITRIC ACID), WATER, MODIFIED POTATO STARCH, SALT, YELLOW CORN FLOUR, GARLIC POWDER, NATURAL FLAVOR, ONION POWDER, SUGAR, YEAST EXTRACT, YEAST, EGG WHITES, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SPICE, MALTODEXTRIN, IODIZED SALT, SOY FLOUR, EXTRACTIVES OF PAPRIKA, DEXTROSE, VINEGAR SOLIDS, MONO AND DIGLYCERIDES, GUAR GUM, SPICE EXTRACT, CONTAINS FISH (ALASKA POLLOCK), WHEAT, EGG, SOY

Cooking Instructions:

KEEP FROZEN UNTIL READY TO COOK. Thawing is not recommended – cook from frozen.
Conventional oven: Preheat to 425° F. Place frozen product on lightly greased baking sheet, cook for 20 to 24 minutes until crisp. Turn product halfway through bake time for best results.
Convection oven: Preheat to 400° F. Place frozen product on lightly greased baking sheet, cook for 16 to 20 minutes until crisp. Turn product halfway through bake time for best results.
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.

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QUICK FROZEN - OVEN READY

NET WT. 10 LB. (4.54 kg)

TRIDENT SEAFOODS CORP. 5303 SHILSHOLE AVE. NW, SEATTLE, WA 98107