

POPCORN FISH



SAVORY, SOUTHERN-STYLE COATING
0G TRANS FAT
100% WILD ALASKA POLLOCK



POPCORN FISH

Our popular Popcorn Fish works magic on your menu, appearing effortlessly in both appetizers and entrees. Easy-to-cook and easy-to-love, these crunchy bites combine a savory-seasoned coating with the mild and tender snow-white flake of sustainable Wild Alaska Pollock. Popcorn Fish cook up quickly (deep frying in under 3 minutes) and make irresistible, flavorful bites every customer can enjoy, from kids on up. They're packed with consistently portioned, 100% Alaska Pollock and are trans-fat free — and that's good news for everyone.

Our versatile Popcorn Fish are at home in any meal. Imagine a single, simple seafood dish everyone can agree on. Kids love Popcorn Fish as a welcome addition to Kid's Meals, wraps and tacos. Adults savor the fish heaped onto Captain's Platters or mixed into Caesar salads. Or, simply feature them as an appetizer by adding a dipping sauce or topping. With so many tasty ways to use them, our Popcorn Fish will be a star in your seafood lineup.

SPECIES INFORMATION

Wild Alaska Pollock is the most abundant fish species harvested in Alaska waters. Managed carefully by NOAA fisheries, Alaska Pollock is an environmentally responsible seafood choice. Cousin to the codfish, its lean, snow-white flesh, delicate texture and mild taste make it one of the most versatile and healthy choices available.

Nutrition Facts

about 42 servings per container
Serving size 18 pieces (108 g/3.8 oz)

Amount per serving	
Calories	240
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 480mg	21%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 3mg	15%
Potassium 221mg	4%

*The % Daily Value 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.

ALASKA POLLOCK, ENRICHED AND UNENRICHED BLEACHED FLOUR (WHEAT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), CONTAINS 2% OR LESS OF: SALT, BUTTERMILK, RICE FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SPICES, ARTIFICIAL FLAVOR, MALTODEXTRIN, MIXED TRIGLYCERIDES, MODIFIED FOOD STARCH, MONOSODIUM GLUTAMATE, PALM OIL, SPICE EXTRACT.

CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK

FEATURES & BENEFITS

Quick and Easy

Deep fries in under three minutes

Plenty of Fish in Every Serving

14 pieces in a 3 oz. Serving

Savory-Seasoned Coating

Flavorful coating holds tight, stays crisp

100% Wild Alaska Pollock

Sustainable; tender, mild-tasting, snow-white flesh

COOKING & HANDLING INSTRUCTIONS

Keep frozen until ready to use. Cook to an internal temperature of 145°F. Cooking times vary with equipment and load; adjust as needed. Cook until crisp and golden brown.

DEEP FRY:

Deep fry at 350° F for 2½ to 3 minutes.

CONVENTIONAL OVEN:

Pre-heat to 425° F. Bake at 425° F for 15 to 20 minutes.

CONVECTION OVEN:

Pre-heat to 375° F. Bake at 375° F for 8 to 12 minutes.

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 #
487503	Popcorn Fish	.2 oz	1/10 lb.	800	0 00 28029 87503 4
		DIMENSION: (L X W X D)		15" L X 10" W X 6.125" D	
		GROSS WEIGHT: 10.7 LB.		CUBE: .53 TI HI: 12 X 7	



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