

PANKO BREADED FILLETS

Wild Alaska Pollock, Alaska Cod and Tilapia



CRISPY PANKO BREADING
HAND CUT NATURAL FILLETS
EXCELLENT SOURCE OF PROTEIN



PANKO BREADED FILLETS

Trident Seafoods Panko Breaded Wild Alaska Pollock, Alaska Cod and Tilapia re-define the terms “crisp and light.” Our signature Japanese-style panko bread crumbs offer a highly textured and modern alternative to traditional battered-and-breaded fish. Whether baked or fried, panko crumbs cook up light and crunchy. And with virtually no prep time, you’ll have crisp fillets that are hot, flaky and tender in minutes.

With 0g trans fat, these hand-cut whole fillets offer the healthy benefits of pure whitefish. Trident’s Panko Breaded items offer mild tasting, moist whitefish that will light up your fried-fish platter, seafood wraps or tacos. Try them in an exotic Pad Thai, stir-fry or Asian-inspired salad.

PACK INFORMATION

ITEM #	DESCRIPTION	PORTION SIZE	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
410933	Panko Pollock Oven Ready	2-3 oz.	1/10 lb.	55-75	0 00 28029 10933 7
410934	Panko Cod Raw Breaded	2-3 oz.	1/10 lb.	55-75	0 00 28029 10934 4
420478	Panko Tilapia Oven Ready	2 oz.	1/10 lb.	40	0 00 28029 20478 0

DIMENSION: (L X W X D) 15" L X 10" W X 6.25" D
GROSS WEIGHT: 11.2 LB. CUBE: .54 TI HI: 12 X 7

FEATURES & BENEFITS

Japanese Panko Style Coating

Light, crisp and crunchy

100% Wild Alaska Pollock and Cod

Consistent portions; hand-cut from whole fillets

High Protein

16-22 grams per serving

Simple to Prepare

Cooks from frozen; oven bake or deep fry

SPECIES INFORMATION

To view species information, please go online to

<http://www.tridentseafoods.com/our-story/our-catch/>.

COOKING & HANDLING INSTRUCTIONS

To view ingredient information and cooking instructions, 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.

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

Nutrition Facts

Serving size

Amount per serving

Calories

Total Fat

Saturated Fat

Trans Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber

Total Sugars

Includes Added Sugars

Protein

*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.

Vitamin D

Calcium

Iron

Potassium

Panko Breaded Pollock
2-3 oz

1 pieces (78 g/2.7 oz)

160

% Daily Value*

7g **9%**

0.5g **3%**

0g

30mg **10%**

390mg **17%**

15g **5%**

0g **0%**

0g **0%**

10g **21%**

0mcg 0%

14mg 2%

1mg 6%

183mg 4%

Panko Breaded Cod
2-3 oz

2 pieces (156 g/5.5 oz)

220

% Daily Value*

1g **1%**

0g **0%**

0g

45mg **15%**

830mg **36%**

32g **12%**

1g **4%**

1g

0g **0%**

21g **42%**

0mcg 0%

38mg 2%

1mg 6%

368mg 8%

Panko Breaded Tilapia
2-3 oz

2 pieces (114 g/4 oz)

230

% Daily Value*

10g **13%**

1.5g **8%**

0g

30mg **10%**

360mg **16%**

20g **7%**

1g **4%**

1g

1g **2%**

15g **30%**

2mcg 10%

20mg 2%

2mg 10%

246mg 6%

ALASKA POLLOCK, ENRICHED BLEACHED AND UNBLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SOYBEAN AND/OR CANOLA), WATER, MODIFIED CORN STARCH, SALT, YELLOW CORN FLOUR, WHEY, SUGAR, CORN STARCH, MALTED BARLEY FLOUR, YEAST, WHEAT GLUTEN, ASCORBIC ACID, CANOLA AND/OR PALM AND/OR PALM KERNEL OIL SHORTENING, EGG WHITE, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), DEFATTED SOY FLOUR, DEXTROSE, DISODIUM INOSINATE AND DISODIUM GUANYLATE, GARLIC POWDER, ONION POWDER, SPICE, TURMERIC (COLOR), YEAST EXTRACT, GUAR GUM. CONTAINS FISH (ALASKA POLLOCK), WHEAT, EGG, SOY, MILK.

COD, BLEACHED WHEAT FLOUR, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, SALT, CORN STARCH, WHEY, SODIUM TRIPOLYPHOSPHATES (TO RETAIN MOISTURE), DEXTROSE, CANOLA AND/OR PALM AND/OR PALM KERNEL OIL SHORTENING, EGG WHITE, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), DEFATTED SOY FLOUR, YEAST, SUGAR, DISODIUM INOSINATE AND DISODIUM GUANYLATE, GARLIC POWDER, MALTED BARLEY FLOUR, ONION POWDER, SPICE, TURMERIC (COLOR), YEAST EXTRACT, GUAR GUM. CONTAINS FISH (COD), EGG, WHEAT, MILK, SOY.

TILAPIA, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SOYBEAN AND/OR CANOLA), WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, SUGAR, SALT, CORN STARCH, PALM OIL, CANOLA AND/OR PALM, AND/OR PALM KERNEL OIL SHORTENING, EGG WHITE, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), WHEY, YEAST, GARLIC POWDER, DEFATTED SOY FLOUR, ONION POWDER. CONTAINS FISH (TILAPIA); WHEAT, EGG, MILK, SOY.



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