



## TRIDENT SEAFOODS CORPORATION

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### Multi-Grain Alaskan Cod 2oz Breaded Fillets

Item# **421048**

Wild Caught, Alaskan Cod Whole fillets, in a light breading made with Ancient Grains. Oven Ready.

Trident Seafoods®

#### Ingredients:



Serving Suggestion

ALASKA COD, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SOYBEAN AND/OR CANOLA), WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: PUMPKIN SEEDS, WHOLE GRAIN ROLLED OATS, MALTODEXTRIN, WHOLE GRAIN FLOUR BLEND (AMARANTH, QUINOA, MILLET, SORGHUM, TEFF), YELLOW CORN FLOUR, SALT, FLAXSEED, SUNFLOWER SEEDS, RICE FLOUR, EXPELLER PRESSED CANOLA OIL, POPPY SEEDS, SUGAR, GARLIC POWDER, ONION POWDER, WHEAT GLUTEN, RYE FLOUR, WHOLE GRAIN OAT FLOUR, DEHYDRATED GARLIC, BUTTERMILK POWDER, DEHYDRATED ONION, NATURAL FLAVORS, YEAST, SPICES, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), WHOLE WHEAT FLOUR, CORN STARCH, TAPIOCA STARCH, DEXTROSE, WHOLE YELLOW CORN FLOUR, CELERY SEED, DEHYDRATED PARSLEY, LACTIC ACID, GUAR GUM. CONTAINS FISH (ALASKA COD), WHEAT, MILK.

#### Thawing:

Keep Frozen Until Ready To Cook. Thawing Is Not Recommended – Cook From Frozen.

#### Preparation:

Cooking Instructions: \* KEEP FROZEN UNTIL READY TO COOK.

Thawing is not recommended – cook from frozen.

CONVENTIONAL OVEN: Preheat to 450° F. Remove all packaging and place frozen fillet(s) on lightly greased baking sheet. Bake uncovered and cook product for 12 minutes. Remove from oven and turn fish over. Bake for an additional 7 to 11 minutes. Let stand for 2 to 3 minutes before serving.

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.

#### Organoleptic Characteristics

Fish% Target \* : 60.00% Breeding/Batter/Other%: 40.00 Portion Size Target\* **2 oz**

Flavor: Multi grain breaded, seasoned fish.

Storage: Keep Frozen at 0 degrees F until ready to use.

Shelf Life: 24 Months-Frozen

Date Code Format: Best by: MM DD YY (2yr from production day)

#### Packaging

\*Plus and Minus variation natural to the production process

SHIPPER

INNER PACKAGE

GTIN: 1 00 28029 21048 1

Case Pack: 12/12oz

Case Net Wt.: 9 lb ( 4.08 kg )

Gross Wt.: 11.5 lb ( 5.21 kg )

Dimensions: L 24 W 8 H 7.9

Case Cube (cu.ft.): 0.88

Pallet Tie/Tier: 10 / 5

Method of Production: Excluded - 7CFR60.105(b)

Country of Origin: Excluded - 7CFR60.105(b)

Package UPC: 0 28029 21048 4

Package Height (Inches): 7.5

Package Width (Inches): 7.1

Package Depth (Inches): 1.95

Package Vol (cu. ft.): .060

As Packaged:

#### Nutrition Facts

Serving Size 2 pieces (113 g/4 oz)  
Servings Per Container about 3

Amount Per Serving

**Calories 230** Calories from Fat 90

% Daily Value\*

**Total Fat 11g** 17%

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated Fat 3.5g

Monounsaturated Fat 5g

**Cholesterol 30mg** 10%

**Sodium 370mg** 15%

**Total Carbohydrate 20g** 7%

Dietary Fiber 1g 4%

Sugars 1g

**Protein 14g**

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4