

CRUNCHY PANKO BREADED COD

WILD CAUGHT/ OVEN READY

COOKING INSTRUCTIONS:

In conventional oven, preheat to 400F. Place product on baking sheet and cook for approximately 18 - 22 minutes or until product is crisp.

Turn product halfway through baking time for best results.

INGREDIENTS:COD,ENRICHED BLEACH WHEAT FLOUR,WATER,SOYBEAN AND/OR CANOLA AND/OR COTTENSEED OIL,CONTAINS 2% OR LESS OF YELLOW CORN FLOUR,MODIFIED CORN STARCH,SUGAR,SALT,SPICE,GARLIC POWDER,ONION POWDER,CORN STARCH,EGG WHITES,WHEY,YEAST,LEAVENING(SODIUM ACID PYROPHOSPHATE,BAKING SODA),DEFATTED SOY FLOUR,YEAST FOOD,CORN SYRUP SOLIDES,ASCORBIC ACID,MICROCRYSTALINE CELLULOSE
CONTAINS:FISH(COD),WHEAT,EGG WHITES,MILK AND SOY

PRODUCT OF USA

PACKED IN CANADA BY 1694351 INC.
KITCHENER, ON N2C 2M3



Nutrition Facts

Valeur nutritive

Per 119g
pour 119g

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	220
Fat / Lipides 8g	12%
Saturated / saturés 1g	5 %
Trans Fat / trans 0 g	
Cholesterol / Cholestérol 25 mg	8%
Sodium / Sodium 390 mg	16%
Carbohydrate / Glucides 22g	7%
Fibre / Fibres 1g	4%
Sugars / Sucres 0g	
Protein / Protéines 14g	
Vitamin A / Vitamine A	2%
Vitamin C / Vitamine C	10%
Calcium / Calcium	2%
Iron / Fer	4%