

**45792** - Pollock Stix Pot Crnch Wg - Tridnt 422071

**UPC:** 000-00000-42207-1

Sales/Marketing	Packaging	Preparation
<p>Fish - Crunchy Potato Breaded Fish Sticks - Trident Seafoods. Mild flavor and a light crunch makes this a favorite of all ages.</p> <p>CN Label: CNE. Kosher: No.</p> <p>Shelf Life: 12 Months - Frozen.</p>	<p>Pack Size: 10 lb</p> <p>MFG#: 422071</p> <p>Case Cube: .54</p> <p>Updated: 08/16/2018</p>	<p>Cooking Instructions: Keep Frozen Until Ready To Cook. Cook From Frozen. Conventional Oven: Preheat To 425°F. Place Frozen Product On Lightly Greased Baking Sheet, Cook For 12-16 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 And Cook For 8 - 12 Minutes Until Crisp. Turn Product Halfway Through Bake Time For Best Results. Microwave Cooking Is Not Recommended.</p>

**INFO**

**Ingredients**

Ingredients:  
Fish(Alaska Pollock), Potato Sticks (Potatoes, Cottonseed Oil, Corn Oil, Soybean Oil And/Or Canola Oil, Salt), Vegetable Oil (Soybean And/Or Canola), Dehydrated Potato Flakes (Potatoes, Mono And Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), Whole Wheat Flour, Whole Grain Yellow Corn Meal, Brown Rice Flour, Whole Grain Yellow Corn Flour, Enriched Wheat Flour (Niacin, Ferrous Fulfate, Thiamine Mononitrate, Riboflavin, Folic Pyrophosphate, Sodium Bisulfate And Citric Acid), Water, Yellow Corn Flour, Modified Potato Starch, Salt, Garlic Powder, Natural Flavor, Onion Powder, Sugar, Yeast Extract, Egg Whites, Yeast Leavening (Sodium Acid Pyrophosphate, Baking Soda, Sodium Aluminum Phosphate), Spice, Soy Flour, Maltodextrin, Iodized Salt, Extractives Of Paprika, Dextrose, Vinegar Solids, Mono And Diglycerides, Guar Gum, Spice Extract.

## Nutrition Facts

40.000 servings per case

**Serving size 113g, 4z, 4pc**

**Amount per serving**

**Calories 230.0**

**% Daily Value\***

Fat Calories	108.0	
<b>Total Fat</b>	12.0g	<b>18%</b>
Saturated Fat	1.5g	<b>8%</b>
Trans Fat	0.0g	<b>0%</b>
Polyunsaturated Fat	0.0g	
Monounsaturated Fat	0.0g	
<b>Cholesterol</b>	40.0mg	<b>13%</b>
<b>Sodium</b>	310.0mg	<b>13%</b>
<b>Total Carbohydrates</b>	19.0g	<b>6%</b>
Dietary Fiber	2.0g	<b>8%</b>
Total Sugars	0.0g	
Includes	0.0g Added Sugars	<b>0%</b>
<b>Potassium</b>	0.0mg	<b>0%</b>
<b>Protein</b>	14.0g	<b>28%</b>
<b>Vitamin A</b>	0.0 IU	<b>0%</b>
<b>Vitamin C</b>	2.4mg	<b>4%</b>
<b>Vitamin D</b>	0.0 IU	<b>0%</b>
<b>Calcium</b>	20.0mg	<b>2%</b>
<b>Iron</b>	0.7mg	<b>4%</b>
<b>Phosphorus</b>	0.0mg	<b>0%</b>
<b>Thiamin</b>	0.0mg	<b>0%</b>
<b>Riboflavin</b>	0.0mg	<b>0%</b>
<b>Niacin</b>	0.0mg	<b>0%</b>
<b>Zinc</b>	0.0mg	<b>0%</b>

\* The % Daily Values (DV) 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.



**School Equivalents**

Serving Size	113g, 4z, 4pc
Meat/Meat Alternatives	2
Fruit/Vegetables	
Grain/Bread	.75
Grains based on	16
Child Nutrition	CNE

#### Allergy Info

CONTAIN:  
FISH(POLLOCK),  
WHEAT, EGG  
AND SOY.

The product information, nutritional information and list of ingredients provided on this website were obtained from the vendor or manufacturer of the product. eFoodUSA, Inc. and Indianhead Foodservice Dist., Inc. do not perform any independent evaluation of the products, including nutritional value of the food or the contents of its ingredients. eFoodUSA, Inc. and Indianhead Foodservice Dist., Inc. provide product information, nutritional information and/or list of ingredients solely as a courtesy.

Ingredients are subject to change at the manufacturer's discretion. For the most complete and up-to-date list of ingredients, please refer to the product packaging.