

Product Information
([Close](#) this Window to continue...)

[Print This Page](#)

45835 - Pollock Wedg Crnch Wg Cn - Trident 418320

UPC: 000-00000-41832-0

Sales/Marketing	Packaging	Preparation
<p>Fish - WG Crunchy Breaded Wild Alaska Pollock Wedge - Trident Seafood. Par-Fried And Oven Ready.</p> <p>CN Label: CNE</p> <p>Shelf Life: See Date On Packaging, Frozen</p>	<p>Pack Size: 45 / 3.6z</p> <p>MFG#: 418320</p> <p>GTIN: 00000000418320</p> <p>Case Cube: 0.54</p> <p>Updated: 03/20/2020</p>	<p>Cooking Instructions*: Keep Frozen Until Ready To Cook. Thawing Is Not Recommended - Cook From Frozen.</p> <p>Convection Oven: Preheat To 375°F. Place Frozen Product On Lightly Greased Baking Sheet, Cook For 15 To 18 Minutes Until Crisp. Turn Product Halfway Through Bake Time For Best Results.</p> <p>Conventional Oven: Preheat To 425°F. Place Frozen Product On Lightly Greased Baking Sheet, Cook For 20 To 26 Minutes Until Crisp. Turn Product Halfway Through Bake Time For Best Results.</p> <p>Microwave Cooking Is Not Recommended.</p> <p>*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.</p>

Ingredients

34.3% Alaska Pollock, 33% Batter & Breading (Whole Wheat Flour, Vegetable Oil [Soybean And/Or Canola], Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Contains 2% Or Less Of: Water, Yellow Corn Flour, Wheat Gluten, Salt, Iodized Salt, Sugar, Dried Yeast, Soy Flour, Dextrose, Paprika Extract [Color], Leavening [Baking Soda, Sodium Aluminum Phosphate], Mono And Diglycerides, Spice Extract, Spice), 22% Minced Pollock, 10.1% Cheese Product (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Water, Milkfat, Sodium Phosphate, Sodium Hexametaphosphate, Salt, Artificial Color, Cellulose Powder [To Prevent Caking]), 0.3% Tetrasodium Pyrophosphate

Allergy Info

CONTAINS: WHEAT, SOY, MILK

Notes

CN Year: 2015

Nutrition Facts

45.000 servings per case

Serving size 102g, 3.6z, 1ea

Amount per serving

Calories 200.0

% Daily Value*

Fat 81.0	
Total Fat 9.0g	14%
Saturated Fat 1.0g	5%
Trans Fat 0.0g	0%
Cholesterol 45.0mg	15%
Sodium 300.0mg	13%
Total Carbohydrates 15.0g	5%
Dietary Fiber 2.0g	8%
Total Sugars 0.0g	
Includes 0.0g Added Sugars	
Protein 15.0g	30%
Calcium 20.0mg	2%
Iron 1.1mg	6%

* 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	102g, 3.6z, 1ea
Meat/Meat Alternatives	2
Fruit/Vegetables	
Grain/Bread	1
Grains based on	16
Child Nutrition	CNE

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.