1 oz. Oven Ready Whole Grain Breaded Cod Nugget

Precooked, Whole Grain, CN, Portion Control

Nutrition Facts

Serving Size: 4 OZ

Household Serving Size: 4 Nuggets

Servings Per Container: 40

Amount Per Serving

Calories 240 Calories from Fat: 90

	Per Serving	% Daily Value*
Total Fat	10 g	15%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	30 mg	10%
Sodium	300 mg	13%
Total Carbohydrate	22 g	7%
Dietary Fiber	2 g	8%
Sugars	0 g	
Protein	15 g	

	Per Srv		Per Srv
Vitamin A	0%	**Vitamin C**	0%
Calcium	2%	**Iron**	8%

*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
Sat. 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

Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
51067	10070737510674			40

Brand	GPC Description
American Pride	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LB	10 LB	USA	No	

Shipping Information						
Length	**Width**	**Height**	**Volume**	**TIxHI**	**Shelf Life**	**Storage Temp**
16 IN	8 IN	7.5 IN	0.556 CF	15x6	547 Days	-15 FA / -14 FA

Ingredients :

Cod 64.2%. Breading & Batter 35.8%: Water, whole wheat flour, enriched wheat flour (flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), tapioca dextrin, yeast, salt, sugar, onion powder, yeast extract, garlic powder, dehydrated garlic, natural flavors, dehydrated onion, modified corn starch, leavening (sodium acid pyrophosphate, sodium bicarbonate). Parfried in canola and/or soybean oil. Contains: Cod, Wheat

Prep & Cooking Suggestions :

Cook from frozen. Cook to an internal temperature of 145°FConvection Oven: Bake at 375°F for approx. 10 minutes. Conventional Oven: Bake at 400°F for approx. 15 minutes.

Serving Suggestions :

Entrée, Appetizer, Dipping

Claims :

BAP Certified :

MSC Certified : No

Child Nutrition :

Has CN Statement : Yes

CN Statement :

CN Information :

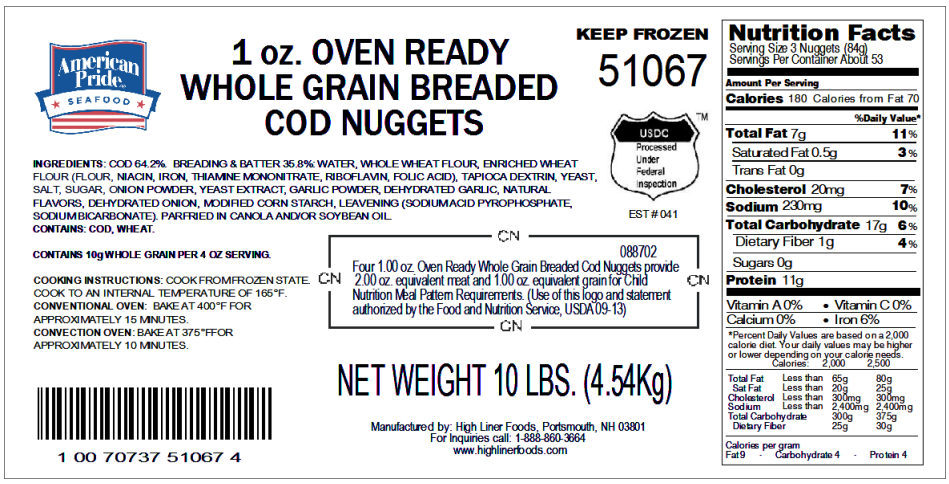
CN Statement :

Suggested Bid :

Meat/Meat Alternative :

WholeGrain Credit Calculation :

AMERICAN PRIDE SEAFOOD 51067



American Pride SEAFOOD

1 oz. OVEN READY WHOLE GRAIN BREADED COD NUGGETS

KEEP FROZEN

51067

USDC Processed Under Federal Inspection

EST # 041

INGREDIENTS: COD 64.2%. BREADING & BATTER 35.8%: WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA DEXTRIN, YEAST, SALT, SUGAR, ONION POWDER, YEAST EXTRACT, GARLIC POWDER, DEHYDRATED GARLIC, NATURAL FLAVORS, DEHYDRATED ONION, MODIFIED CORN STARCH, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE). PARFRIED IN CANOLA AND/OR SOYBEAN OIL.
CONTAINS: COD, WHEAT.

CONTAINS 10g WHOLE GRAIN PER 4 OZ SERVING.

COOKING INSTRUCTIONS: COOK FROM FROZEN STATE. COOK TO AN INTERNAL TEMPERATURE OF 165°F.
CONVENTIONAL OVEN: BAKE AT 400°F FOR APPROXIMATELY 15 MINUTES.
CONVECTION OVEN: BAKE AT 375°F FOR APPROXIMATELY 10 MINUTES.

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CN Four 1.00 oz. Oven Ready Whole Grain Breaded Cod Nuggets provide 2.00 oz. equivalent meat and 1.00 oz. equivalent grain for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 09-13) CN

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NET WEIGHT 10 LBS. (4.54Kg)

Manufactured by: High Liner Foods, Portsmouth, NH 03801
For Inquiries call: 1-888-860-3664
www.highlinerfoods.com

1 00 70737 51067 4

Nutrition Facts
Serving Size 3 Nuggets (84g)
Servings Per Container About 53

Amount Per Serving	
Calories 180	Calories from Fat 70
	%Daily Value*
Total Fat 7g	**11%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 230mg	**10%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 1g	**4%**
Sugars 0g	
Protein 11g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • 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
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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

APS LLC dba High Liner Foods 1-800-343-8046
New Bedford, MA 02740

Kathy Gilmore **Date: 11/14/2013**

Kathy Gilmore, Quality Engineer

High Liner Foods

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