



HARBOR BANKS

Pollock

BREADED 1 OZ STICK BONELESS-SKINLESS BLOODLINE
OUT PARFRIED BLOCK

5365820

CMA

10 LB

\$31.96 / CS

Product Description

Manufacturer: HARBOR BANKS, Mfr. Product # 543709

Additional Description

FISH STICKS, POLLOCK OVEN READY, CHILD NUTRITION, PRECUT STICKS, FROM FILLET/PIECE BLOCK, BREADED, PARFRIED. (2) ONE OZ STICKS EQUALS 1 OZ EQUIVALENT MEAT AND .75 OZ EQUIVALENT BREAD SERVINGS.

Ingredients

ALASKA POLLOCK: 64.2%. BATTER & BREADING: 35.8%, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ENRICHED YELLOW CORN FLOWER (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, CONTAINS 2% OR LESS OF: SALT, DEXTROSE, DRIED YEAST, CELLULOSE GUM, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), NATURAL FLAVORS, EXTRACTIVES OF PAPRIKA AND ANNATTO (COLOR). PREFRIED IN CANOLA, COTTONSEED AND/OR SOYBEAN OIL.

Product Information

Class: 33 - SEAFOOD

Category: 261 - FISH, VALUE ADDED, FZN

Group: 2576 - POLLOCK, BREADED OR BATTERED

Preparation & Cooking

Preparations and Cooking Instructions

DESIGNED TO COOK FROM FROZEN. CONVECTION OVEN: BAKE AT 400 F. FOR APPROXIMATELY 10 MINUTES. CONVENTIONAL OVEN: 425 F. FOR APPROXIMATELY 10 MINUTES. COOKING TIME AND TEMPERATURE MAY VARY WITH EQUIPMENT. FOR ADDED CRISPNESS, COOK SLIGHTLY LONGER.

Handling Instructions

KEEP FROZEN AT 0 F OR BELOW UNTIL READY TO USE. THAWING OF THE PRODUCT IS NOT RECOMMENDED-COOK FROM FROZEN. COOK PRODUCT TO AN INTERNAL TEMPERATURE OF 145 F.

Serving Suggestions:

GOOD SERVED WITH AN ORDER OF FRIES ON THE SIDE. PREMIUM FILLETS, MAKES GREAT TACOS, FISH 'N CHIPS, APPETIZERS, SERVE WITH YOUR FAVORITE DIPPING SAUCE. SERVE WITH YOUR FAVORITE SIDE DISHES.

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Shipping Information:

Physical Attributes					
Gross Weight:	11 LB	Height:	7.75 IN	Length:	15.5 IN
Net Weight:	10 LB	Width:	7.5 IN	Cube:	.521 CF
Catch Weight:	NO				

Storage Information	
Min. Temperature:	-10 FA
Max. Temperature:	15 FA

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Nutritional Facts			
Serving Size g (84g)			
Servings Per Container			
Amount Per Serving			
Calories 250	Calories from Fat 90		
	% Daily Value *		
Total Fat 11g	17%		
Saturated Fat 1.5g	8%		
Trans Fat 0g			
Cholesterol 10mg	3%		
Sodium 430mg	18%		
Total Carbohydrate 23g	8%		
Dietary Fiber 1g	4%		
Sugars 0g			
Protein 15g			
Vitamin A	2%		
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	2400mg	2400mg
Total Carbohydrate		300g	375mg
Dietary Fiber		25g	30mg
Supplemental Facts			
	% Daily Value *		
<i>None Specified at this time</i>			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

Allergens				
ALLERGEN	DOES NOT CONTAIN	CONTAIN	MAY CONTAIN	NO DATA
Crustacean	●			
Eggs	●			
Fish		●		
Gluten				●
Lactose				●
Milk	●			
Mustard				●
Peanuts	●			
Soy			●	
Tree nuts	●			
Wheat		●		

Nutritional Claims
• This product has child nutrition certification

Nutritional Disclaimer
The nutritional and ingredient information provided is based on data US Foods, Inc. receives from manufacturers and may include information derived from third-party sources such as the United States Department of Agriculture. The information provided is representative and, as a result, there may be some slight differences between the information posted and the information on the product label with respect to ingredients and/or nutritional values. The most accurate and up to date source for product information is on the product label. US Foods, Inc. neither assumes any legal liability nor makes any warranty or guaranty, either express or implied, regarding the completeness, accuracy or usefulness of this information. Product images are provided for reference only and may not reflect current packaging.