



one bag. one order. one fry time.



Innovative Appetizers, Legendary Seafood



Product Code: 11351

Product Name: Medium Gourmet Breaded Yellow Lake Perch Fillets

Pack Size	4/4 Lb
Gross Weight	17 lbs
Count per Pound	8-11
Case Dimensions	L=15.814", W=12.439", H=8.503"
Cases per Layer / Cases per Pallet:	9/Layer, 9 High, 81/Pallet
Case Cube	0.97
Unit Code Number (UPC)	035038113514
Case Code GTIN Number	10035038113511
Shelf Life	12 Months at 0 degrees F or less

Product Description: Golden gourmet breading surrounding Canadian Lake Perch fillets.

Ingredients: Lake Perch [Perch, Water, Salt]. Battered with Water, Bleached Wheat Flour, Modified Corn Starch, Yellow Corn Flour, Salt, Sugar, Soy Flour, Dextrose, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Mono and Diglycerides, Spice, Yellow 5, Natural Flavor, Red 40, Dried Whey, and Blue 1. Breaded with Bleached Wheat Flour, Salt, Whey, Canola Oil. Breaded with Bleached Wheat Flour, Dextrose, Salt, Yeast. Battered with Water, Food-Starch Modified, Rice Flour, Tapioca Dextrin, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Xanthan Gum, Salt, and Spice Extract.

Allergens: FISH (PERCH), MILK, SOY, WHEAT

Cooking Instructions: DEEP FRY - Place frozen product in preheated fryer at 350 degrees F for 2-1/2 to 3 minutes or until golden brown.

Nutrition Facts

About 11 servings per 4 lb (1814 g) container

Serving size About 3-4 pieces (170 g)

Amount Per Serving

Calories

267

% Daily Value*

Total Fat	2 g	3%
Saturated Fat	0 g	2%
<i>Trans</i> Fat	0 g	
Cholesterol	84 mg	28%
Sodium	794 mg	33%
Total Carbohydrates	38 g	13%
Dietary Fiber	1 g	5%
Total Sugars	2 g	
Includes	0 g Added Sugars	0%
Protein	23 g	
Vitamin D	2.8 mcg	28%
Calcium	89 mg	9%
Iron	1.4 mg	8%
Potassium	319 mg	9%

* The % Daily Value (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.