



one bag. one order. one fry time.



Innovative Appetizers, Legendary Seafood



**Product Code:** 11290

**Product Name:** Medium Gourmet Perch Fillets

Pack Size	4/4 Lb Boxes per Master Case
Gross Weight	17 lbs
Count per Pound	8-12
Case Dimensions	L=16.695", W=10.07", H=6.64"
Cases per Layer / Cases per Pallet:	9/Layer, 7 High, 63/Pallet
Case Cube	0.97
Unit Code Number (UPC)	035038112906
Case Code GTIN Number	10035038112903
Shelf Life	12 Months at 0 degrees F or less

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**Product Description:** Perch fillets coated with a golden gourmet breading.

**Ingredients:** European 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 18 servings per 4 lb (1814 g) container

**Serving size About 2.5 - 3 pieces ( 100 g)**

**Amount Per Serving**

**Calories**

**150**

**% Daily Value\***

<b>Total Fat</b>	1 g	2%
Saturated Fat	0 g	1%
<i>Trans</i> Fat	0 g	
<b>Cholesterol</b>	29 mg	10%
<b>Sodium</b>	591 mg	25%
<b>Total Carbohydrates</b>	23 g	8%
Dietary Fiber	1 g	3%
Total Sugars	1 g	
Includes	0 g Added Sugars	0%
<b>Protein</b>	11 g	
Vitamin D	0.7 mcg	7%
Calcium	24 mg	2%
Iron	0.4 mg	2%
Potassium	142 mg	4%

\* 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.