

# 10 oz Big Bob's Battered Haddock Fillets

Seafood doesn't get any bigger or better! Our larger than life portions are great for eye catching seafood platters or a unique oversized sandwich – delivering the ultimate “wow factor” in plate coverage. Available in original and country style.



## Nutrition Facts

Serving Size: 140 GR

Household Serving Size: ABOUT 1/2

Number of Servings per Package: 45

Amount Per Serving

Calories 300 Calories from Fat: 130

	Per Serving	% Daily Value*
<b>Total Fat</b>	15 g	23%
Saturated Fat	2.5 g	13%
Trans Fat	0 g	
<b>Cholesterol</b>	55 mg	18%
<b>Sodium</b>	350 mg	15%
<b>Total Carbohydrate</b>	19 g	6%
Dietary Fiber	0 g	0%
Sugars	0 g	
<b>Protein</b>	21 g	

	Per Srv		Per Srv
<b>Vitamin A</b>	2%	<b>Vitamin C</b>	0%
<b>Calcium</b>	4%	<b>Iron</b>	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	Pack	Type Of Catch
10023826	00079149238261	1 X 10 LB	Wild

Brand	GPC Description
Icelandic Seafood	Fish – Prepared/Processed (Frozen)

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.5 INH	7.5 INH	8 INH	0.5382	15x5	547 None	-15 FA / -14 FA

## Ingredients :

HADDOCK, WATER, ENRICHED BLEACHED WHEAT FLOUR [(FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YEAST], MODIFIED CORN STARCH, YELLOW CORN FLOUR, SALT, AUTOLYZED YEAST EXTRACT, PARTIALLY HYDROGENATED SOYBEAN OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), GARLIC POWDER, NATURAL AND ARTIFICIAL FLAVORS, SPICES, ONION POWDER, YELLOW #5, YELLOW #6. FRIED IN SOYBEAN OIL. CONTAINS FISH (HADDOCK), WHEAT.

## Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 7-9 minutes.

TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 18-22 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 25-27 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

## Serving Suggestions:

Makes an unbeatable sandwich item or serve-alone entree.

## Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - NI	Milk - NI
Soy - NI	Wheat - NI
Fish - NI	Crustacean - NI
Nuts - NI	TreeNuts - NI
Peanuts - NI	

## Claims & Child Nutrition:

BAP Certified :

MSC Certified :

Has CN Statement : No

## Species / Scientific Name:

Haddock