



Made from minced fillets breaded in crispy golden crumbs.



**Key Product Features**

- Uniform sizing
- Delicious breading bakes to a golden brown

**Key Product Benefits**

- Precision portion and costing control
- Appetizing and appealing

**Menu Suggestions**

Ideal for healthcare, school and day care menus. Fun to add to appetizer menus served with salsa or dipping sauce.

**Cooking Instructions**

Bake in a preheated 450°F oven for 12 to 15 minutes.

**Nutritional Facts**

Per 100 g	
Amount	
Calories	191.0
Fat	8.3 g
Saturated	0.7 g
+trans	0.0 g
Polyunsaturated	2.5 g
Omega-6	1.6 g
Omega-3	0.9 g
Monounsaturated	4.7 g
Cholesterol	34.2 mg
Sodium	620.0 mg
Carbohydrate	16.5 g
Dietary Fibre	0.8 g
Sugars	0.8 g
Protein	12.7 g
Vitamin A	0.0 RE
Vitamin C	0.0 mg
Calcium	27.3 mg
Iron	1.6 mg

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**Ingredient Listing**

Minced fillets of Cod, Boston Blue fish, Alaska Pollock, Haddock or Whiting, sodium tripolyphosphate, in a breading of: breaded crumbs, water, corn flour, corn starch, wheat flour, sugar, salt, onion powder, spice and guar gum. Browned in pure vegetable oil (canola oil).

**Allergen Listing**

Wheat

**Health Benefits**

Free of trans fat  
 Low in saturated fat  
 Source of iron  
 Source of omega 3 polyunsaturates

**Specifications**

SCC: 100 69299 23789 1  
 Case Pack Size 2 x 2 kg = 4 kg  
 Average Pc Weight 30 g / 1.1 oz  
 Average Pc Count 132

Case (cm) (LxWxH) 37.3 x 27.8 x 11.1  
 Case Cube (cm) 11,510  
 Pallet Ti / Hi 10 / 9



build your menu with confidence