



Unique multigrain breaded coating with full flavour delivery without the fat. Low in saturated fat, free of trans fatty acids.



Key Product Features

- Unique multigrain breading with full flavour
- Generous sizing
- Consistent sizing

Key Product Benefits

- Free of trans fat, low in saturated fat, source of omega-3, source of iron
- Excellent plate coverage
- Good portion and cost control

Menu Suggestions

Serve with a variety of potato products. Accompany with one or two colourful vegetables. Use rice pilaf for variety. Serve with a zesty sauce such as lemon dill or citrus, or tartar.

Cooking Instructions

Bake in a preheated 425°F (220 C) oven for 10 minutes. Turn and cook for an additional 10 minutes.

Nutritional Facts

Per 100 g	
Amount	
Calories	154
Fat	3.8 g
Saturated	0.4 g
+trans	0.1 g
Polyunsaturated	n/a g
Omega-6	n/a g
Omega-3	0.4 g
Cholesterol	27.7 mg
Sodium	422 mg
Carbohydrate	18.1 g
Dietary Fibre	0.9 g
Sugars	2.9 g
Protein	11.8 g
Vitamin A	<1 RE
Vitamin C	<0.5 mg
Calcium	28.3 mg
Iron	1.09 mg

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Ingredient Listing

Pollock in a breading of: toasted wheat crumb, water, canola oil, maltodextrin, modified corn starch, rolled oats, rye flakes, quinoa, wheat flour, wheat gluten, dried egg-white, hydrolyzed milk protein, sea salt, onion powder, garlic powder, sugar, lemon juice solids, salt, flavour (with soy lecithin), spices, mono and diglycerides, dextrose, guar gum.

Allergen Listing

Wheat, egg, milk, soy

Health Benefits

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

Specifications

SCC: 100 69299 24200 0
Case Pack Size 2 x 2 kg = 4 kg
Average Pc Weight 78-106 g / 2.75-3.75 oz
Average Pc Count 43

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