

BAJA FISH STICKS CN

TRIDENT CN

PIECE SIZE: 1 OZ

ITEM #

418304

Whole Grain Crunchy Breaded, Seasoned, Wild Caught Pollock, Oven Ready, Child Nutritional Product.

AS PACKAGED:

Visit us @ www.TridentSeafoods.com
e-mail: Sales@TridentSeafoods.com
Phone: 206-783-3474

Nutrition Facts	
about 40 servings per container	
Serving size 4 pieces (113 g/4 oz)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 490mg	21%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 322mg	6%
*The % Daily Value 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.	



Date Code Format: JULIAN
Country of Origin: MADE IN THE USA FROM US AND IMPORTED INGREDIENTS

Method of Production:	Excluded - 7CFR60.105(b)	Coating % Target**:	35.00%
Case Pack:	1/10.00 LB	Portion Size Target**:	1 OZ
Case Net Wt.:	10.00 lb (4.54 kg)	** Plus or Minus variation natural to the production process	
Case Gross Wt.:	11.50 lb (5.22 kg)	Shelf Life:	24 Months FROZEN
Package UPC:		Inner (in)	
Case GTIN:	0 00 28029 18304 7	Master (in)	L 15.00 W 9.94 H 6.25
Case Cube (cu.ft.)	0.54	Pallet Ti/Hi:	12 / 7

Ingredients

65% FISH (ALASKA POLLOCK), 35% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], WHOLE WHITE CORN TORTILLA PIECES [WHOLE WHITE CORN FLOUR, VEGETABLE OIL {CORN, SOYBEAN AND/OR SUNFLOWER}], ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, WHOLE GRAIN YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR [PROCESSED WITH LIME], SALT, WHEAT GLUTEN, YEAST EXTRACT, DRIED ONION, DRIED GARLIC, DRIED YEAST, GREEN JALAPENO PEPPER, MALTODEXTRIN, SPICES, SUGAR, PAPRIKA EXTRACT [COLOR], COCONUT OIL, CITRIC ACID, NATURAL FLAVORS, ARTIFICIAL FLAVORS, CORN SYRUP SOLIDS, LACTIC ACID, CALCIUM LACTATE, SODIUM CASEINATE [A MILK DERIVATIVE], GUAR GUM, DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES).
CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK.

Handling and Preparation

COOKING INSTRUCTIONS: *
KEEP FROZEN UNTIL READY TO COOK.
THAWING IS NOT RECOMMENDED – COOK FROM FROZEN.
CONVECTION OVEN: PREHEAT TO 425°F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 13 TO 15 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS.
CONVENTIONAL OVEN: PREHEAT TO 425°F. PLACE FROZEN PRODUCT ON LIGHTLY GREASED BAKING SHEET, COOK FOR 16 TO 18 MINUTES UNTIL CRISP. TURN PRODUCT HALFWAY THROUGH BAKE TIME FOR BEST RESULTS.
DEEP FRY: HEAT OIL TO 350°F. FRY FROZEN PRODUCT FOR 3 TO 3½ MINUTES UNTIL PRODUCT IS GOLDEN BROWN.
MICROWAVE COOKING IS NOT RECOMMENDED.
* COOKING TIMES AND TEMPERATURES MAY VARY SUBSTANTIALLY. INTERNAL TEMPERATURE SHOULD BE AT LEAST 165°F. WE STRIVE TO PRODUCE A FULLY "BONELESS" PRODUCT. AS WITH ALL FISH, HOWEVER, OCCASIONAL BONES MAY STILL BE PRESENT.

dgerasimova@TridentSeafoods.com
FSQA Director, Regulatory Product
Compliance
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Nutritional information is calculated. Data is based on laboratory analysis, information from ingredient suppliers, and USDA Standard Reference values.
This information is believed to be accurate, but no warranty is implied.



TRIDENT SEAFOODS CORPORATION
5303 SHILSHOLE AVE NW, SEATTLE, WA 98107