

Where you recognize all the ingredients



# Minced Fish Sticks - CN Label

Product # **BFMS75I-CN**  
 Manufacturer: Ungars Food Products  
 DBA Dr. Praeger's Sensible Foods  
 Date: 2/19/2018



Wild Caught Alaskan Pollock, Low Cholesterol, No Trans Fat, No Preservatives

**Ingredients:**

MINCED ALASKA POLLOCK, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, contains 2% or less of the following: CORN STARCH, SALT, SUGAR, YEAST, ONION POWDER, GARLIC POWDER, SPICE, EXPELLER PRESSED CANOLA OIL

Storage: Keep Frozen at 0°F/-18°C or below:  
 Designed to be cooked from frozen

Shelf Life: 24 Months, frozen from date of production

**Preparation:**

**COOKING INSTRUCTIONS:**  
 Must Be Cooked From Frozen.  
 For Food Safety and Quality, Heat to a Minimum Internal Temperature of 165° F.  
 Convection Oven: (Preferred Method) Preheat oven to 425 degrees F. Place frozen fish on paper lined baking tray. Cook for 6 minutes. For added crispness, cook slightly longer.  
 Oven: Preheat oven to 450 degrees F. Place frozen fish on paper lined baking tray. Cook for 14 minutes. For added crispness, cook slightly longer.

**Packaging Specs:**

UPC: 080868010533  
 Finished Prod. Dimensions: by Case Pack:  
 Allowable Case Defect less than 5%  
 Case Net Wt: 10 lbs (4.54kg)  
 Gross Wt: 11 lbs  
 Case Dimensions: 12.94" x 8.55" x 5.2"  
 Case Cube (cu. ft.): .3344  
 Pallet Tie/HI: 16/11  
 GTIN: 00080868010533  
 Country of Origin: USA



Kosher Parve

<b>Nutrition Facts</b>	
Serving Size 6 Fish Sticks (128g)	
Servings Per Container 210	
Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 1g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 320mg	<b>13%</b>
<b>Potassium</b> 260mg	<b>7%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 4g	<b>17%</b>
Sugars 2g	
<b>Protein</b> 15g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300mg	375g
Dietary Fiber		25g	30g

Case Pack Label