

Where you recognize all the ingredients



# Lightly Breaded Fish Sticks 1oz

Product # **FFSIN**

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, Panko Breadcrumbs

### Ingredients:

Pollock Fillets (Wild), Breading (Unbleached Wheat Flour, Yellow Corn Flour, Corn Starch, Yeast, Sugar, Salt, Dextrose, Garlic Powder, Onion Powder, Spices), 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 400 degrees F. Place frozen fish on paper lined baking tray. Cook for 13-14 minutes. For added crispness, cook slightly longer.  
Oven: Preheat oven to 425 degrees F. Place frozen fish on a paper lined baking tray. Cook for 16-18 minutes. For added crispness, cook slightly longer.

### Packaging Specs:

UPC: 080868010045  
Finished Prod. Dimensions: by  
Case Pack: 160/1 oz  
Allowable Case Defect less than 5%  
Case Net Wt: 10 lbs (4.54kg)  
Gross Wt: 11 lbs  
Case Dimensions: 13.05" x 8.7" x 6.75"  
Case Cube (cu. ft.): .4436  
Pallet Tie/Hi: 13/8  
GTIN: 00080868010045  
Country of Origin: USA



Kosher  
Parve

<b>Nutrition Facts</b>	
Serving Size 3 Fish Sticks (81g)	
Pieces Per Container About 160	
Amount Per Serving	
<b>Calories</b> 150	Calories from fat 60
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1.5g	<b>7%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 290mg	<b>12%</b>
Potassium 90mg	<b>3%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber less than 1g	<b>2%</b>
Sugars 1g	
<b>Protein</b> 7g	
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 0%
<b>Calcium</b> 0%	<b>Iron</b> 2%
<b>Phosphorus</b> 25%	

\*Percent Daily Values are based on a 2000, calorie diet. Your daily values may be higher or lower depending on your calorie needs:

### Case Pack Label

Dr. Praeger's  
PURELY SENSIBLE FOODS

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Best if used by:  
**FEB-24-2018**

Contains: FISH, WHEAT

Made in a facility that uses Wheat, Soy, Eggs, and Fish. May contain small bones.

Dr. Praeger's Sensible Foods  
Elmwood Park, NJ 07407  
Made in USA  
EU# 3001237876

10 lbs (4.54kg)

(01) 0 0080868 01004 5

Keep Frozen 0°F/-18°C

Lot # N16BD-04C