Where you recognize all the ingredients

dr. Praeger's™
PURELY SENSIBLE FOODS™

Lightly Breaded Fish Sticks (Minced) 0.6oz

Product # MFSIN

Manufacturer: Ungars Food Products
DBA Dr. Praeger's Sensible Foods

Date: 2/19/2018

Wlid Caught Alaskan Pollock, Low Saturated Fat, Low Cholesterol, No Trans Fat, No Preservatives, Panko Breadcrumbs

Ingredients:

Minced Pollock (Wild), Breading (Unbleached Wheat Flour, Yellow Corn Flour, Corn Starch, Yeast, Sugar, Salt, Dextrose, Garlic Powder, Onion Powder, Spices), Potatoes, Expeller Pressed Canola Oil, Arrowroot, Salt, Garlic, Black Pepper

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.

Nutrition Facts

Serving Size 3 Fish Sticks (48g)
Servings Per Container About 267

Amount Per Serving	
Calories 110	Calories from fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 170mg	**7%**
Total Carbohydrate 10g	**3%**
Dietary Fiber less than 1g	**1%**
Sugars 0g	
Protein 5g	
Vitamin A 4% •	**Vitamin C** 2%
Calcium 0% •	**Iron** 2%

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

Packaging Specs:

UPC: 080868010540
Finished Prod. Dimensions: by
Case Pack: 267/.6oz
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: 00080868010540
Country of Origin: USA

Kosher Parve

Case Pack Label