

Where you recognize all the ingredients



Lightly Breaded Flounder Fillets Natural Shape 4oz

Product # **NFBFLOIN4**

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

Date: 2/19/2018



Wild Caught Flounder, Low Saturated Fat, No Trans Fat, No Preservatives, Panko Breadcrumbs, Natural Shaped Whole Fillets

Ingredients:

Flounder 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 15-18 minutes. For added crispness, cook slightly longer.
Oven: Preheat oven to 450 degrees F. Place frozen fish on paper lined baking tray. Cook for 20-25 minutes. For added crispness, cook slightly longer.

Packaging Specs:

UPC: 080868127903
Finished Prod. Dimensions: by
Case Pack: 40/4oz
Allowable Case Defect less than 5%
Case Net Wt: Lightly Breaded Flounder Fillets Natural Shape 4oz
Gross Wt:
Case Dimensions: 14.4" x 6.7" x 6.7"
Case Cube (cu. ft.): .4690
Pallet Tie/HI: 14/9
GTIN: 00080868127903
Country of Origin: USA



Kosher
Parve

Nutrition Facts	
Serving Size 4 oz. (113g)	
Servings Per Container About 40	
Amount Per Serving	
Calories 230	Calories from fat 110
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 430mg	18%
Potassium 105mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 9g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%

*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# 3001237875

Lot # W15CD-03A

(01) 0 0080868 12790 3
Keep Frozen 0°F/-18°C