

Lightly Breaded Fish Sticks 1 oz

**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
Contains: Fish, Wheat



STORAGE / SHELF LIFE

24 months from date of production when stored frozen at 0°F/-18°C or below.
Cook from frozen.

PREPARATION

KEEP FROZEN PRIOR TO USE. For food safety and quality cook to an internal temperature of 165°F. **Convection Oven (Preferred Method):** Preheat oven to 400°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°F. Place frozen fish on a paper lined baking tray. Cook for 16-18 minutes. For added crispness, cook slightly longer.

Nutrition Facts

Serving Size 3 Fish Sticks (81g)
Servings Per Container About 53

Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 290mg	12%
Potassium 90mg	3%
Total Carbohydrate 16g	5%
Dietary Fiber <1g	2%
Sugars 1g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
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	080868010045
Finished Product Dimensions	
Case Pack	160/1oz
Allowable Case Defect	Less than 5%
Case Net Weight	10 lbs
Gross Weight	11 lbs
Case Dimensions	13.05" x 8.7" x 6.75"
Case Cube (cubic feet)	.4436
Pallet Ti/Hi	13/8
GTIN	00080868010045
Country of Origin	USA

Dr. Praeger's
PURELY SENSIBLE FOODS

Lightly Breaded Fish Sticks 1oz

Best if used by:
FEB-24-2018

Contains: FISH, WHEAT

10 lbs (4.54kg)

Keep Frozen 0°F/-18°C

Lot # N16BD-04C

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.

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

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