



PURELY SENSIBLE FOODS

Ordering Code:

FFSIN

Lightly Breaded Fish Sticks 1 oz

**Wild Caught Alaskan Pollock,
Low Cholesterol, No Trans Fat,
No Preservatives, Panko Breadcrumbs**

INGREDIENTS

Pollock Fillets (Wild), Breading: Wheat Flour, Expeller Pressed Canola Oil, Water, Contains less than 2% of the Following: Sugar, Yeast, Salt, Corn Starch, Yellow Corn Flour, Garlic Powder, Onion Powder, Spices, Dextrose

CONTAINS: Fish (Pollock), 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
Case Pack*	Approx. 160/1oz
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	(01)00080868010045
Country of Origin	USA, from US and foreign ingredients

*Cases sold by weight. Piece count may vary.




Lightly Breaded Fish Sticks 1 oz


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.

Best if used by:
AUG-29-2020

CONTAINS: FISH (POLLOCK), WHEAT
Made in a facility that uses Wheat, Soy, Milk, Eggs, and Fish
May contain small bones.
Distributed By:
Dr. Praeger's Sensible Foods, Inc.
Elmwood Park, NJ 07407
Made in USA
EU# 3001237875




LOT # G 18C J- 01




FFSIN

Ingredients: Pollock Fillets (Wild). Breading: Wheat Flour, Expeller Pressed Canola Oil, Water. Contains Less Than 2% Of The Following: Sugar, Yeast, Salt, Corn Starch, Yellow Corn Flour, Garlic Powder, Onion Powder, Spices, Dextrose



Parve

Net 10 LBS (4.54 Kg)



(01)00080868010045

Keep Frozen 0°F/-18°C

DISTRIBUTED BY DR. PRAEGER'S SENSIBLE FOODS, INC.

As of 3/2020

Elmwood Park, NJ 07407 USA • EU# 3001237875 • Establishment #1288 • Phone: 201-703-1300