

Where you
recognize
all the
ingredients!®



Seafood

Lightly Breaded Fish Sticks (1 oz)



INGREDIENTS: POLLOCK FILLETS (WILD), BREADING: WHEAT FLOUR, EXPPELLER 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

UPC CODE: 080868010045

ORDERING CODE:

FFSIN

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%

