



SUPER FISH STICKS



Protein
13g
per serving

Low in
Saturated
Fat



SERVING
SUGGESTION

16oz. (453.6g)

KEEP FROZEN
DO NOT REFREEZE

Nutrition Facts

4 servings per container

Serving Size 2 Sticks (113g)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 7g 9%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 150mg 7%

Total Carbohydrate 8g 3%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 13g

Vitamin D 0mcg 0%

Calcium 11mg 0%

Iron 0mg 2%

Potassium 249mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

FISH (POLLOCK), BLEACHED WHEAT FLOUR, WATER, CANOLA OIL, MODIFIED CORN STARCH, WHEAT FLOUR, YELLOW CORN FLOUR, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, PARMESAN AND CHEDDAR CHEESE (PASTEURIZED MILK, CULTURES, ENZYMES, SALT), SPICE, SOYBEAN OIL, SUGAR, ONION POWDER, GARLIC POWDER, CORN SYRUP SOLIDS, SOYBEAN OIL (AS A PROCESSING AID), SEA SALT BLEND (POTASSIUM CHLORIDE, SEA SALT), CONCENTRATED LEMON JUICE, YEAST EXTRACT, SPICE EXTRACTIVE, MALTODEXTRIN, DEHYDRATED PARSLEY, NATURAL FLAVOR, YEAST, CITRIC ACID, NATURAL FLAVORS, NOT MORE THAN 2% SILICON DIOXIDE ADDED TO PREVENT CAKING

CONTAINS:

FISH (POLLOCK), WHEAT, MILK, SOY



This recipe includes one or more BE ingredients.

With Super Fish Sticks, enjoy the same satisfying crunch you love, now elevated with a sophisticated lemon parmesan crust. Crafted for bigger appetites, these fish sticks come in a generous portion for a flavorful experience that's both fresh and indulgent. Perfect for those who crave a grown-up twist on a classic favorite.



COOKING INSTRUCTIONS:



AIR FRY: 390°F for 9-11 minutes or until 155°F internally. Let rest 2-3 minutes before enjoying.



OVEN BAKE: Preheat oven to 425°F. Bake for 16-18 minutes or until 155°F internally. Let rest 2-3 minutes before enjoying.

SUPER FISH STICKS

CHANNEL FISH PROCESSING CO., INC.
200 COMMERCE DRIVE BRAINTREE, MA 02184

