



CHICKEN FRIED WILD ALASKA SOLE TENDERS



5 lbs. (80 oz.)
KEEP FROZEN
DO NOT REFREEZE

SERVING SUGGESTION

Nutrition Facts

20 servings per container

Serving Size 4 oz (133g)

Amount Per Serving

Calories 200

% Daily Value*

Total Fat 9g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 880mg 38%

Total Carbohydrate 18g 7%

Dietary Fiber <1g 2%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 2mcg 10%

Calcium 22mg 2%

Iron 1mg 4%

Potassium 137mg 2%

* 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 (YELLOW FIN SOLE), BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, WATER, CANOLA OIL, YELLOW CORN FLOUR, SALT, SUGAR, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), PALM OIL, MONOSODIUM GLUTAMATE, DEXTROSE, GARLIC POWDER, ONION POWDER, XANTHAN GUM

CONTAINS: FISH, WHEAT



This recipe includes one or more BE ingredients.



COOKING INSTRUCTIONS:



DEEP FRY:

350°F FOR 5-6 MINUTES.



MSC - C- 51066

This seafood comes from a fishery that has been independently certified to the MSC's environmental standard for fishing. msc.org



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