



# Breaded Pollock

with Green Pea Blend Vegetables & Carrots

# 044



## Nutrition Facts

1 serving per container  
Serving size 1 meal (272g)

Amount per serving

**Calories** 290

% Daily Value\*

Total Fat 10g 13%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 370mg 16%

Total Carbohydrate 30g 11%

Dietary Fiber 6g 23%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 19g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 2mg 18%

Potassium 620mg 13%

## Packaging

Meal Number	044	Case Length	18.125 in
GTIN	00814748000440	Case Width	14.125 in
Pack Size	20 each	Case Height	8.125 in
Meal Weight	9.6 oz	Case Cube	1.20 ft <sup>3</sup>
Case Weight Gross	15.5 lbs	Cases/Pallet	48
Case Weight Net	12 lbs	Hi	8
Case Pack Code	yymmdd	Ti	6

## Preparation

Cook times may need to be adjusted due to variations in appliances. Check that product is heated to internal temperature of 165°F.	
Microwave	Slit film over each compartment. Microwave on high 5 minutes. Carefully remove product and let stand 2 minutes.
Conventional Oven	Slit film over each compartment. Bake at 350°F for 25 minutes. Carefully remove product.

## Additional

Allergens	Fish, Soy, Wheat	Order Lead Time	14 days
Kosher	No	Storage	-10°—10°F
CN	No	Shelf Life	365 days*

\*From production when kept at 0°F or below

Information shown may vary from product currently in distribution. Changes in ingredients, processes, and regulations occur, affecting content. The most accurate information is available on product package.

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