

Pollock Sticks, Baja Spice

Product Information

W code: W002
 Cargill: #418323
 Serving/case: 100
 Net Weight: 25 lbs

Crediting Information per Serving:

Serving Size: 4 oz
 Meat or M/A: 2 oz eq
 Grain: 1.25 oz eq
 Vegetables:
 Fruit:
 CN Label: No

Nutrition Facts

Serving Size: 4 pieces (4 oz)

Amount Per Serving	
Calories 230	Calories from Fat 90
Total Fat 10g	
Sat. Fat 1.5g	
Trans Fat 0 g	
Cholesterol 50mg	
Sodium 470mg	
Carbohydrates 20g	
Dietary Fiber 2g	
Sugars 0g	
Protein 14g	
Vitamin A	10%
Calcium	2%
Vitamin C	2%
Iron	2%

Preparation Instructions:

Cook From Frozen.
 Convection Oven: Bake At 400° F. for 15 To 17 minutes.
 Conventional Oven: 425°F. for 18 - 20 minutes.
 Cooking time and temperature may vary with equipment. For added crispness, cook slightly longer. Cook product to an internal temperature of 165°F.

Ingredients:

65% fish (alaska pollock), 35% batter & breading (whole wheat flour, water, tortilla pieces [corn, vegetable oil {corn, soybean and/or sunflower}], food starch - modified, modified corn starch, enriched wheat flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], whole grain yellow corn flour, salt, yellow corn flour [processed with lime], dried garlic, yeast extract, dried onion, dried yeast, green jalapeno pepper, sugar, spice, maltodextrin, paprika extract [color], citric acid, natural flavors, coconut oil, artificial flavors, corn syrup solids, guar gum, calcium lactate, lactic acid, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides). Parfried in soybean and/or canola oil

Allergens: Fish, wheat, milk