



070056 - MRS. FRIDAY'S® TAVERN BATTERED® COD FILLETS 3-4 OZ.

Our exclusive blend of brewer's yeast and natural hops produces authentic pub flavor in a light, crispy batter with a hand-dipped appearance. Add the clean, natural flavors of our most popular species, and Mrs. Friday's® Tavern Battered Fish are the most convenient, versatile way to ensure happy, repeat guests.

Brand: Mrs. Friday's



Nutrition Facts

63 servings per container

Serving size 100 grams (100g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **9%**

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 1g

Cholesterol 10mg **7%**

Sodium 490mg **20%**

Total Carbohydrate 11g **7%**

Dietary Fiber 1g **3%**

Soluble Fiber 0

Insoluble Fiber 0g

Total Sugars 0g

Includes g Added Sugars **0%**

Protein 34g

Vitamin D 0mcg 0% • Calcium 17.63mg 0%

Iron 13mg 15% • Potassium 290mg 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

Cod, Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Cottonseed And/Or Soybean Oil, And Contains Less Than 2% of: Modified Corn Starch, Salt, Garlic Powder, Whey, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Rice Flour, Caramel Color, Corn Syrup, Spices, Natural Flavor, Xanthan Gum, Sugar, Maltodextrin, Artificial Color (Including Fd&C Yellow 5 [Tartazine], Fd&C Yellow 6 [Sunset Yellow],). Contains: Cod, Wheat, Milk

Product Specifications

GTIN	00070017700569	Case Gross Weight	10.91 LB
UPC		Case Net Weight	10 LB
Pack Size	4 / 2.5LB	Case L,W,H	15.83 IN, 9.83 IN, 6.10 IN
		Cube	0.55 CF
Tie x High	12 x 7		

Preparation and Cooking

Keep frozen until ready to use. Do not refreeze. Deep Fryer: Heat oil to 350°F. Add product, shaking baskets occasionally to prevent from adhering. Fry for approximately 5.5 - 6 minutes or until golden brown.

Serving Suggestions

• Fish & chips • Fish sandwiches • Fish wraps • Fish tacos • Lunch & dinner entrées • Fish Fry

Packaging and Storage

Keep Frozen

Allergens

CONTAINS:

Fish or Fish Derivatives, Milk or Milk Derivatives, Wheat or Wheat Derivatives

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Peanuts or Peanut Derivatives, Sesame seeds or Sesame seed Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives

Barcode

Case Barcode



00070017700569

Each Barcode



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