



Potato Crunch Breaded Pollock (1932)

06/20/2018

Nutrition Facts	
Serving Size (101g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 240mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 13g	
Vitamin A 0%	• Vitamin C 10%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: Potato Crunch Breaded Pollock Potato Crunch Breaded Pollock (71.4% Fish [pollock], 16.0% Breading, 12.6% Batter and Water. Fish Whole Wheat Flour, Water, Modified Corn Starch, Enriched Wheat Flour [enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], Yellow Corn Flour, Dehydrated Potatoes (potatoes, mono and diglycerides, dextrose), Potatoes, Yeast, Sugar, Salt, Leavening [sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate], Spice, Nonfat Dry Milk, Soybean Oil, Onion Powder, Garlic Powder, Wheat Gluten. Fried in Canola Oil)

ALLERGEN: Contains: Soy, Wheat, Milk, Fish. Manufactured on equipment that processes products containing Soy, Eggs, Milk, Wheat, Fish and Crustacean Shellfish.

Order Number: C171932