



# Beer Battered Haddock

Made with artisan Grisette beer from a local Richmond brewery



SUSTAINABLE SEA PRODUCTS INTERNATIONAL MID-ATLANTIC

Proud Producers of



## Nutrition Facts

varied servings per container  
Serving size 1 piece (159g)

Amount per serving  
**Calories 350**

% Daily Value\*

Total Fat 20g	26%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 630mg	27%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 23g</b>	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 327mg	6%

\*The % Daily Value 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.

Code	Pack	Type of Catch
10012	Bulk IQF	Wild Caught

Brand	GPC Description
Dickies	Finfish Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.8 LB	10 LB	USA	No	No

Shipping Information						
Length	Width	Height	Volume	TI/HI	Shelf Life	Storage Temp
15.5"	11.5"	6"	1069.5 in <sup>3</sup>	10/	1 Year Frozen	0°F or below

Ingredients
Haddock, beer batter (water, batter mix (wheat flour, corn starch, yellow corn flour, rice flour, tapioca dextrin, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), dextrose, sugar, garlic powder, spice, gum arabic, natural flavors, extractives of turmeric), beer (flaked oats, pilsner grain, rye malt, East Kent Golding Hops, Mandarina Bavaria Hops, Wallonian Farmhouse Yeast, turbinado sugar, water)), canola oil (canola oil, citric acid), breader (wheat flour, tapioca starch, wheat gluten, salt, onion powder, garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate), soybean oil, yeast extract, dextrose, spice, sugar, gum arabic, natural flavors).

Allergens (C='Contains' MC='May Contain' N='None' NI='No Info Provided')		
Eggs - N	Soy - N	Wheat - C
Peanuts - N	Milk - N	Fish-C
Tree Nuts - N	Shellfish- N	

Prep & Cooking Suggestions:	Serving Suggestions			
<p><i>Partially cooked.</i> Fryer: Heat oil to 350°F. Cook fish for 3:00 from thaw, or 4 minutes from frozen. Oven: 15-17 minutes at 425°F</p>	Serve with french fries, coleslaw, and tartar sauce for an easy Fish 'n Chips.			
Species/Scientific Name:	Claims & Child Nutrition/Intended use			
<i>Melanogrammus aeglefinus</i>	<table border="1"> <tr> <td>MSC Certified: Yes</td> <td rowspan="3">General Population; Allergens noted on label.</td> </tr> <tr> <td>Has CN Statement: No</td> </tr> </table>	MSC Certified: Yes	General Population; Allergens noted on label.	Has CN Statement: No
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