Oven Crisp Cod

Sustainably sourced; MSC- Certified; High protein-to-breading Ratio; Par-cooked to save time and labor

Proud Producers of Dickies Seafood

Nutrition Facts

Serving Size 1 piece (148g)
Servings Per Container varied

Amount Per Serving	
Calories 310	Calories from Fat 150
	% Daily Value*
Total Fat 17g	**26%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 320mg	**13%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 22g	

Vitamin A 6%	• Vitamin C 2%
Calcium 4%	• Iron 8%

*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

Code	Pack	Type of Catch
10013	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^3	10/8	1 Year Frozen	0^oF or below

Ingredients

Cod, batter (water, wheat flour, modified food starch, soybean oil, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), nonfat milk, salt, yellow corn flour, eggs, soy lecithin), canola oil (canola oil, citric acid), bread crumb (wheat flour, dextrose, yeast, salt), breader (wheat flour, soybean oil, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, spice, whey, natural flavor, colored with oleoresin paprika), salt, sugar, paprika, black pepper, cayenne pepper.

Allergens (C='Contains' MC='May Contain' N='None' NI='No Info Provided')

Eggs - C	Soy - N	Wheat - C
Peanuts - N	Milk - N	Fish-C
Tree Nuts - N	Shellfish- N	

Prep & Cooking Suggestions:	Serving Suggestions
Partially cooked. Fryer: Heat oil to 350^oF. Cook fish for 1:30 from thaw, or 3 minutes from frozen. Oven: 10-15 minutes at 425^oF	Use as the protein in fish tacos or serve with fries and dipping sauce for a kid’s meal.

Species/Scientific Name:	Claims & Child Nutrition/Intended use	
Gadus morhua	MSC Certified: Yes Has CN Statement: No	General Population; Allergens noted on label.