FLOUNDER BRD 4-5 OZ

SEA BEST | 10 POUND

Our Sea Best Breaded Flounder Fillets are breaded in a light corn meal breading. This white flaky fish is mild-flavored, with a premium natural white meat. Each pre-breaded fillet is individually quick frozen for optimal freshness and bulk packaged for convenience.

PRODUCT BENEFITS
Wild Caught Ready-to-fry

ITEM ID
00075391005521

ALTERNATE ITEM #
5200807

MANUFACTURER
Beaver Street Fisheries Inc.

NUTRITION & INGREDIENTS

Nutrition Facts

Servings per container	35
Serving size	128 Gram 1 piece
Amount per serving	
Calories	230
	% Daily Value*
Saturated Fat 0g	0%
Trans Trans Fat 0g	0%
Cholesterol 30mg	10%
Sodium 970mg	40%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Protein 13g	0%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.4mg	8%
Potassium 0mg	0%

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.

INGREDIENT STATEMENT

Flounder, bleached wheat flour, enriched bleached wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified corn starch, dextrose, contains 2% or less of each of the following:

ALLERGEN

Free from:Sesame Seeds and their derivatesMay contain:Crustaceans and their derivatesFree from:Eggs and their derivatesContains:Fish and their derivatesFree from:Milk and its derivatesFree

ALLERGEN STATEMENT

CONTAINS:
Fish or Fish Derivatives, Wheat or Wheat Derivatives
FREE FROM:
Eggs or Egg Derivatives, Milk or Milk Derivatives, Peanuts or Peanut Derivatives, Sesame seeds or Sesame seed Derivatives, Soybeans or Soybean Derivatives, Tree nuts or Tree nut Derivatives,

OTHER INFO

PREPARATION INSTRUCTIONS
Cook to an internal temperature of 145°F

USAGE INSTRUCTIONS
This item should be cooked from frozen. Deep fry at 350 degrees F for 4.5 - 5.5 minutes until internal temperature reaches 145 degrees F.

STORAGE INSTRUCTIONS
Keep frozen. Do not refreeze.

COUNTRY OF ORIGIN
CHINA
UNITED STATES

ARRIVAL LIFESPAN (DAYS)
180

PRODUCTION LIFESPAN (DAYS)
730

TEMPERATURE ACTIVITY CODE
Trade Item is being stored or handled.

MINIMUM TEMPERATURE
-10 °F

MAXIMUM TEMPERATURE
0 °F