



PRODUCT SPECIFICATIONS

Premium Crispy Cafeteria Style Fish Fillet Portion

Brand	TWIN OAKS FARMS
Species	Alaska Pollock Gadus chalcogrammus
Country of Origin	Product of USA
Method of Catch	Wild Caught
Product Code	8100
Average Piece Size	6.2 oz.

PREPARATION

Cook from Frozen

Deep Fryer – Preheat Oil to 350°F.

Deep Fry (from frozen state) 6-8 minutes until product is golden brown and internal temperature reaches 150°F.

Cooking times may vary due to equipment. For added crispiness, cook slightly longer.

STORAGE

STORE FROZEN (0°F) UNTIL READY TO COOK.

Thawing of product is not recommended.

Shelf Life: 18 months



Homemade Taste Made Simple

PACKAGING

UPC	0-94922-45308-2
Pack	10 lb. IQF
Net Wt.	10 lbs. (4.54 kg)
Gross Wt.	11.2 lbs. (5.08 kg)
Case Cube	0.54 cubic ft.
Case Dimensions	Length 15" Width 10" Height 6.25"
Pallet	12 x 14

NUTRITION FACTS

26 servings per container	
Serving Size	1 piece (176 g/6.2 oz)
Amount per Serving	
Calories	230
% Daily Value *	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 1090mg	47%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 2mg	10%
Potassium 430mg	10%
*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

Pollock, Water, Bleached Wheat Flour, Bleached Enriched Flour (Wheat, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Corn Starch, Yellow Corn Flour, Water, Contains 2% or less of: Salt, Whey, Yeast, Palm Oil, Leavening (Baking Soda, Sodium Aluminum Phosphate), Garlic Powder, Onion Powder, Malted Barley Flour, Spice, Dextrose, Disodium Inosinate and Disodium Guanylate, Turmeric (Color), Yeast Extract, Ascorbic Acid (Added as a Dough Conditioner).
Contains: Fish (Pollock), Wheat, Milk

COMPLIANCE

Product shall be processed and packaged under conditions that meet or exceed all requirements of the Federal Food, Drug, and Cosmetic Act, the Fair Packaging and Labeling Act, 21 CFR Part 123 HACCP requirements, and all other Federal, State, and Local regulations as applicable. The finished product, at the time of delivery, shall be in compliance with the same requirements and shall conform to these specifications.