

×

### Create new list

List Name

List Privacy

List Icon

Cancel Submit

## FISH STICKS OVEN READY WHOLE GRAIN CN LABEL 10LB



Whole Grain Crunchy Breaded, TexMex Seasoned, Wild Caught Pollock, PreCooked, Oven Ready, Child Nutritional Product.

Rating: Not Rated Yet

#### Price

Base price with tax

Price with discount \$40.50

Salesprice with discount

Sales price \$40.50

Sales price without tax \$40.50

Discount

Tax amount

[Ask a question about this product](#)

Description

Add to list

- [Wishlist Wishlist](#)

- [Login to create your own lists](#)

[Compare](#) [Remove](#) [View Compare](#)

## WG Baja Fish Sticks 1oz (1x10lb) 418304

<b>Manufacturer</b>	Trident Seafoods - Frozen
<b>Mfg Product Number</b>	418304
<b>Shipping Container UPC</b>	00020829183047
<b>Unit UPC</b>	NA
<b>Brand Name</b>	Trident®
<b>Bread Servings</b>	1.000
<b>Meat Equivalent</b>	2.000
<b>CN Number</b>	084673
<b>Servings Per Case</b>	40
<b>Serving Size</b>	4 pieces (4 oz)
<b>Kosher</b>	No

### General Information

---

Whole Grain Crunchy Breaded, TexMex Seasoned, Wild Caught Pollock, PreCooked, Oven Ready, Child Nutritional Product.

### Market Segment

---

Assisted Living, Buffet, Business & Industry, Casinos, Casual Dining, Catering, Corrections, Country Clubs, Cruise Lines, Extended Care, Family Style Dining, Fast Food, Fine Dining, Health Care, Hotel/Motel, Nursing Home, Pizza, Pasta, Processing, Quick Service Restaurants, Retirement Communities, Schools, Universities & Colleges

### Ingredients

---

65% FISH (ALASKA POLLOCK), 35% BATTER & BREADING (WHOLE WHEAT FLOUR, WATER, TORTILLA PIECES [CORN, VEGETABLE OIL {CORN, SOYBEAN AND/OR SUNFLOWER}], FOOD STARCH - MODIFIED, MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHOLE GRAIN YELLOW CORN FLOUR, SALT, YELLOW CORN FLOUR [PROCESSED WITH LIME], DRIED GARLIC, YEAST EXTRACT, DRIED ONION, DRIED YEAST, GREEN JALAPENO PEPPER, SUGAR, SPICE, MALTODEXTRIN, PAPRIKA EXTRACT [COLOR], CITRIC ACID, NATURAL FLAVORS, COCONUT OIL, ARTIFICIAL FLAVORS, CORN SYRUP SOLIDS, GUAR GUM, CALCIUM LACTATE, LACTIC ACID, SODIUM CASEINATE [A MILK DERIVATIVE], DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES). PARFRIED IN SOYBEAN AND/OR CANOLA OIL. CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK.

### Thawing Instructions

---

Keep Frozen at 0 degrees F or Below. Designed to cook from frozen.

### Preparation and Cooking Instructions

CONVECTION OVEN: 400 Degrees F. For 13 to 15 Minutes. CONVENTIONAL OVEN: 425 Degrees F. For 16 to 18 Minutes. DEEP FRY: 350 DEGREES F. For 3 To 3 1/2 Minutes. Cooking Time And Temperature May Vary With Equipment. For Added Crispness, Cook Slightly Longer.

### Serving Suggestion

Breaded Alaskan Pollock Pieces Whole Grain Breaded-Seasoned Strips. Serve In A Basket With Fries As A Great Alternate To Traditional Fish And Chips.

### Benefits

Portion Control. No Prep, Cooks From Frozen, Wild Caught Fish And Whole Grain Breading.

### Yield Portion

about 160

Amount Per Serving	
Calories 230	Calories from Fat 100
Saturated Fat 10g	10%

Trans Fat 0g

Cholesterol 50mg	17%
Sodium 100mg	20%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%

Sugar 0g

Protein 10g	
Vitamin A 10%	Vitamin C 2%
Calcium 2%	Iron 2%
Omega 3 mg	