



070053 - MRS. FRIDAY'S® TAVERN BATTERED® COD FILLETS 2-3 OZ.

Our special blend of natural hops and genuine brewer's yeast creates a light and crispy batter with a hand-dipped appearance and pub flavor that enhanced the natural taste, juiciness and texture of fish fillets. Perfect for fish & chips, fish tacos, buffets, appetizer platters.

Brand: Mrs. Friday's



Nutrition Facts

52 servings per container
Serving size **2.5 ounces (2.5oz)**

Amount per serving
Calories 90

% Daily Value*

Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 25mg	8%
Sodium 290mg	13%
Total Carbohydrate 7g	2%
Dietary Fiber 0.5g	1%
Soluble Fiber 0	
Insoluble Fiber 0g	
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein 9g

Vitamin D 0mcg 0%	•	Calcium 15mg 2%
Iron 0.5mg 4%	•	Potassium 170mg 4%

* 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

Cod, Water, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cottonseed Oil, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Modified Corn Starch, Salt, Garlic Powder, Leavening (Corn Starch, Monocalcium Phosphate, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Rice Flour, Whey, Cottonseed And/Or Soybean Oil, Caramel Color, Corn Syrup, Natural Flavor, Spices, Sugar, Xanthan Gum, Yellow 5, Yellow 6. Contains: Fish (Cod), Wheat, Milk.

Product Specifications

GTIN	00070017700538	Case Gross Weight	11 LB
UPC		Case Net Weight	10 LB
Pack Size	4 / 2.5LB	Case L,W,H	15.83 IN, 9.83 IN, 6.10 IN
Shelf Life	455 Days	Cube	0.55 CF
Tie x High	12 x 7		

Preparation and Cooking

Keep frozen until ready to use. Do not refreeze. Appliances may vary. Cook to an internal temperature of 165°F. Deep Fryer: Heat oil to 350°F. Add product, shaking baskets occasionally to prevent from adhering. Fry for approximately 5½ to 6 minutes or until golden brown. Convection Oven: Preheat 375°F. Place product on baking sheet and cook for approximately 12 to 14 minutes or until product is crisp.

Serving Suggestions

- Fish & chips
- Sandwiches and wraps
- Fish tacos
- Fish Fry
- Fish baskets

Packaging and Storage

Keep Frozen

1 1/2