



021743 - MRS. FRIDAY'S® PANKO BREADED ALASKA POLLOCK 2-3 OZ.

Our authentic Japanese Panko breadcrumbs fry up to a golden brown, with a crisp texture and homemade appearance. Pollock is a mild, delicate-tasting fish, with a slightly firm, moist texture.

Brand: Mrs. Friday's



Nutrition Facts

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

Amount per serving
Calories 110

% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 190mg	8%
Total Carbohydrate 17g	6%
Dietary Fiber 0.5g	2%
Total Sugars 0.5g	
Includes 0g Added Sugars	0%

Protein 9g

Vitamin D 0mcg 0%	•	Calcium 10mg 0%
Iron 0.9mg 4%	•	Potassium 280mg 6%

* 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

Alaska Pollock, Bleached Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Rice Flour, Potassium Chloride, Salt, Soybean Oil, Sugar, Whey, Onion Powder, Yeast, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Garlic Powder, Nonfat Milk. Contains: Fish (Pollock), Milk, Wheat.

Product Specifications

GTIN	10070017217439	Case Gross Weight	23 LB
UPC	070017217432	Case Net Weight	20 LB
Pack Size	4 / 5LB	Case L,W,H	17 IN, 12.88 IN, 8.13 IN
Shelf Life	365 Days	Cube	1.03 CF
Tie x High	8 x 5		

Preparation and Cooking

Keep frozen until ready to use. Do not refreeze. Cook to an internal temperature of 165°F. Appliances may vary. DEEP FRYER: Heat oil to 350°F. Add fillets shaking basket occasionally to prevent from adhering. Fry approximately 5.5 to 6 minutes or until golden brown.

Serving Suggestions

- Clean, fresh fish flavor that guests prefer
- Inventory cost control and ease of preparation
- Crispy coating holds in moisture for a tender texture
- Guest's interest in sustainable practices increasing

Packaging and Storage

Keep Frozen

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