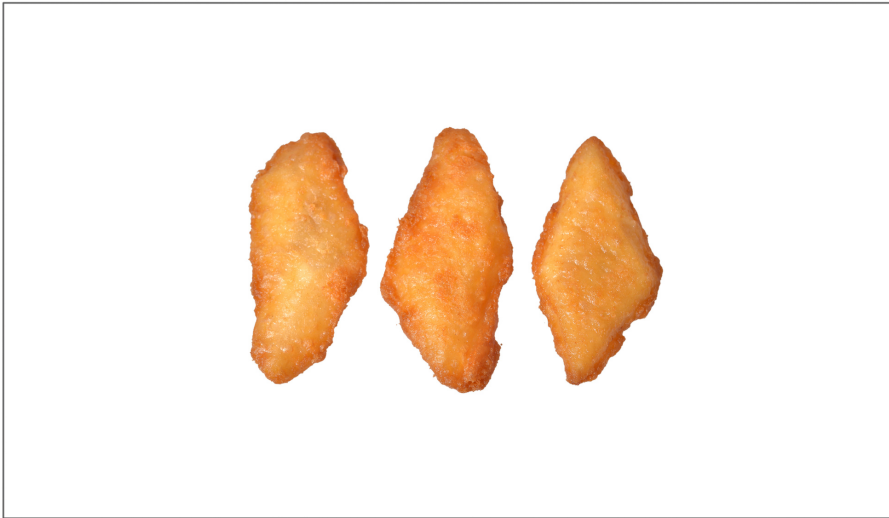




MRS. FRIDAY'S

# 003477 - Cod Fillets Tavern Bat 2 3 Oz

Our exclusive blend of brewers yeast and natural hops produces authentic pub flavor in a light, crispy batter with a hand-dipped appearance. Add the clean, natural flavors of our most popular species, and Mrs. Fridays Tavern Battered Fish are the most convenient, versatile way to ensure happy, repeat guests.



### \* Benefits

## Nutrition Facts

Servings per Container **52**  
Serving size **85grams**

Amount per serving  
**Calories 100**

	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 8.43mg	<b>1%</b>
Iron 0.75mg	<b>4%</b>
Potassium 250mg	<b>5%</b>

\* 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, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, COTTONSEED AND/OR SOYBEAN OIL, AND CONTAINS LESS THAN 2% OF: MODIFIED CORN STARCH, SALT, GARLIC POWDER, WHEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), RICE FLOUR, CARAMEL COLOR, CORN SYRUP, SPICES, NATURAL FLAVOR, XANTHAN GUM, SUGAR, MALTODEXTRIN, ARTIFICIAL COLOR (INCLUDING FD&C YELLOW 5 [TARTAZINE], FD&C YELLOW 6 [SUNSET YELLOW]). CONTAINS: COD, WHEAT, MILK

### Allergens

#### Contains:



#### Free From:



### Handling Suggestions

Keep Frozen

### Serving Suggestions

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

### Prep & Cooking Suggestions

Keep frozen until ready to use. Do not refreeze. Cook to an internal temperature of 165F.  
Deep Fryer: Heat oil to 350F. Add product, shaking baskets occasionally to prevent from adhering. Fry for approximately 5.5 to 6 minutes or until golden brown.  
Convection Oven: Preheat 375F. Place product on baking sheet and cook for approximately 12-14 minutes or until product is crisp.

### Product Specifications

Brand	Manufacturer	Product Category
MRS. FRIDAY'S	King & Prince Seafood Corporation	Fish, Value Added & Further Processed

MFG #	SPC #	GTIN	Pack	Pack Desc.
070084	003477	00041338700842	4	4 / 2.5 LBR

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
11lb	10lb	No	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.83in	9.83in	6.1in	0.55ft3	12x7	455DAYS	-10°F / 0°F



MRS. FRIDAY'S

# 003477 - Cod Fillets Tavern Bat 2 3 Oz

Our exclusive blend of brewers yeast and natural hops produces authentic pub flavor in a light, crispy batter with a hand-dipped appearance. Add the clean, natural flavors of our most popular species, and Mrs. Fridays Tavern Battered Fish are the most convenient, versatile way to ensure happy, repeat guests.



## Nutrition Analysis - By Serving

Calories	100	Total Fat	1.5g	Sodium	340mg
Protein	11	Trans Fats	0g	Calcium	8.43mg
Total Carbohydrates...	7g	Saturated Fat	0g	Iron	0.75mg
Sugars	0g	Added Sugars		Potassium	250mg
Dietary Fiber	0g	Polyunsaturated Fat	1g	Zinc	0.23
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	20mg		
Vitamin A(U)	16.49	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	1.72mg	Folate	4.11mg	Riboflavin	0.09mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

### Additional Images

