



FRED'S

# 007378 - Appetizer Mozz Cheese Sticks Italia

The Fred's Italian Breaded Mozzarella Sticks are breaded with gourmet-style Panko bread crumbs infused with mild Italian seasoning and Parmesan and romano cheeses for a subtle flavor boost. They are made with 100% real mozzarella string cheese providing superior stretch, creamy texture and better bite. Our cheese is produced to tight specifications for moisture, fat and salt content, providing a consistently great product for your valued customers. Fred's is the leader in innovation for coated mozzarella cheese sticks and was first to market in Foodservice. Excellent hold time for take-out and delivery. Lacto-Ovo Vegetarian for those with special dietary needs.



## Nutrition Facts

Servings per Container **64**  
Serving size **3 Cheese Sticks (85g)**

Amount per serving  
**Calories 200**

	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 830mg	<b>36%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 12g	
Vitamin D 0mcg	<b>0%</b>
Calcium 310mg	<b>24%</b>
Iron 0.5mg	<b>3%</b>
Potassium 0mg	<b>0%</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.

### \* Benefits

Coated with Parmesan & Romano cheese for a lighter feel & flavor  
100% real mozzarella string cheese for superior stretch, creamy texture and better bite  
Our cheese is produced to tight specification for moisture, fat and salt content

### Ingredients

Part Skim Mozzarella Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Bleached Wheat Flour, Water, Yellow Corn Flour, Contains Less Than 2% of: Romano and Parmesan Cheese Blend (Pasteurized Part Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Eggs, Nonfat Milk, Dried Parsley, Dried Garlic, Dried Onion, Yeast, Whey, Natural Flavor, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Spices, Dextrose, Guar Gum, Sugar, Salt. CONTAINS: MILK, WHEAT, EGG.

### ⚠ Allergens

#### Contains:



#### Free From:



### Handling Suggestions

Store product for no longer than 545 days after production at a temperature between -10 and 0 degrees.

### Serving Suggestions

Excellent when paired with a favorite dipping sauce such as marinara or ranch! Great as part of a sampler! Include in a French onion soup or on a salad.

### Prep & Cooking Suggestions

PRODUCT MUST BE FULLY COOKED. KEEP FROZEN UNTIL READY TO USE. Due to differences in appliances, cooking times may vary and require adjustment. DEEP FRYER: 350F for 1 minutes.

### 📄 Product Specifications

Brand	Manufacturer
FRED'S	Windsor Foods (Specialty Brands)

MFG #	SPC #	GTIN	Pack	Pack Desc.
0205420	007378	10050665020544	4	4 / 3.0 LBR

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
13.7lb	12lb	No	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
17in	9.88in	7.25in	0.7ft3	10x6	545DAYS	-10°F / 0°F



FRED'S

# 007378 - Appetizer Mozz Cheese Sticks Italia

The Fred's Italian Breaded Mozzarella Sticks are breaded with gourmet-style Panko bread crumbs infused with mild Italian seasoning and Parmesan and romano cheeses for a subtle flavor boost. They are made with 100% real mozzarella string cheese providing superior stretch, creamy texture and better bite. Our cheese is produced to tight specifications for moisture, fat and salt content, providing a consistently great product for your valued customers. Fred's is the leader in innovation for coated mozzarella cheese sticks and was first to market in Foodservice. Excellent hold time for take-out and delivery. Lacto-Ovo Vegetarian for those with special dietary needs.



## Nutrition Analysis - By Serving

Calories	200	Total Fat	8g	Sodium	830mg
Protein	12	Trans Fats	0g	Calcium	310mg
Total Carbohydrates...	20g	Saturated Fat	4.5g	Iron	0.5mg
Sugars	1g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	30mg		
Vitamin A(IU)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

