



NUTRITION FACTS

Serving Size: 111gr

Servings Per Container: 40

Amount Per Serving

Calories 170 **Calories from Fat 110**

	Per Serving	% Daily Value
Total Fat	1.5g	2%
Saturated Fat	0g	
Trans Fat	0g	
Cholesterol	30mg	10%
Sodium	390mg	17%
Total Carbohydrate	26g	9%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	11g	

	Per Serving	Per Serving
Vitamin D	10%	Potassium 2%
Calcium	2%	Iron 6%

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

4 oz Deep Fry Ready Custom Shape Flounder Portion

PRODUCT SPECIFICATIONS

Colony Lane code	GTIN	SCC	units/case	unit size/measure	serving/case
003428			40		40

brand	IFDA category	IFDA class
Colony Lane		

gross weight	net weight	country of origin	Kosher	Child Nutrition
11lb	10lb	USA	no	no

SHIPPING INFORMATION

length	width	depth	TI x HI	shelf life	storage temp from/to	cube
13.5"	9.5"	6.375"	14 block x 10h	18 Mo.		.473

INGREDIENTS: Fish, (Flounder) Enriched Bleached Wheat Flour (enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Bleached Wheat Flour, Water, Modified Food Starch, Yellow Corn Flour, Sugar, Salt, Calcium Propionate, Soybean Oil, Yeast, Canola Oil, Leavening (Sodium Acid Pyrophosphate Sodium Bicarbonate) and Sodium Tripolyphosphate (to retain moisture).

CONTAINS FISH (FLOUNDER), WHEAT, & SOY.

COOKING INSTRUCTIONS: Deep fry at 360°F for 3–5 minutes. Cooking times may vary.

HANDLING INSTRUCTIONS: Keep frozen, do not refreeze.