

Cooking instructions: Brush with butter or margarine. Bake in preheated 400°F oven for 30-35 minutes. Cook until internal temperature reaches 165°F. Salt to taste and serve

with lemon wedge or tartar sauce.

Ingredients: Flounder Fillets. Onions, Celery, Bread Crumbs (bleached wheat flour, whole wheat flour, sugar, contains 2% or less of molasses, partially hydrogenated soybean and/or cottonseed oil, salt, yeast), Pollock, Crabmeat, Saiad Dressing (soybean oil, water, sugar, vinegar, eggs, com syrup, modified food starch, sait, spices. onion). Contains 2% or less of each of the following: bell peppers, imitation crab (pollock, water, wheat starch, egg whites, sorbitol, sugar, natural and artificial flavors, salt, sodium tripolyphosphate, color added), water, salt, tomato concentrate, corn syrup, onion powder, sugar, mustard seed, mustard bran, turmeric, vinegar, molasses, caramel color, garlic powder, hydrolyzed corn gluten, corn starch, partially hydrogenated cottonseed and soybean oils, cod liver oil, anchovies, disodium inosinate, disodium guanylate, parsley, lemon juice solids, citric acid, lemon oil, sodium tripolyphosphate, paprika, natural flavors (lobster), spices. Contains Egg, Wheat, Fish (flounder, pollock, cod, anchovies), and Crustacean (lobster, crab) ingredients. Glazed with: Partially hydrogenated and liquid soybean oil, water, butter (cream, salt), salt, non-fat dry milk solids, soy lecithin, sodium benzoate (a preservative), artificial flavor, vitamin A palmitate added, beta carotene(color). Contains Dairy and Soy ingredients.

4-10 OZ. PORTIONS NET WT 2 LBS. 8 OZS. (1.15 KG)



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KEEP FROZEN

PRODUCED IN U.S.A.

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Glazed with:

ZET LBS.

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