



FISH STICKS

MADE FROM MINCED FISH

Heating Instructions

Oven Bake:
Preheat oven to 400°F.
Place frozen fish sticks on a baking sheet.
Bake for 8-10 minutes.
Turn sticks and bake an additional 4-6 minutes, or until desired crispness is achieved.

Toaster Oven:
Preheat oven to 375°F.
Place frozen fish sticks on a baking sheet.
Bake for 8-10 minutes.
Turn sticks and bake an additional 4-6 minutes, or until desired crispness is achieved.

Microwave:
Place frozen fish sticks on a microwaveable plate.
Heat on HIGH for 2 minutes for 6 sticks, 3 minutes for 10 sticks.
Rotate plate half way through the microwave cycle. Let sticks stand 1-2 minutes before serving.

Note: Recommended cooking times are for a 600-725 watt oven. Cooking time may have to be adjusted. For crispest coating, we recommend conventional or toaster oven preparation.

Nutrition Facts

Serving Size 6 sticks (102g)
Servings Per Container 3

Amount Per Serving	Calories from Fat 110	% Daily Value*
Calories 240		
Total Fat 12g		18%
Saturated Fat 2g		10%
Trans Fat 0g		
Cholesterol 5mg		2%
Sodium 320mg		13%
Total Carbohydrate 21g		7%
Dietary Fiber 3g		12%
Sugars 3g		
Protein 11g		
Vitamin A 0%	Vitamin C 0%	Iron 6%
Calcium 2%		

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

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

INGREDIENTS: MINCED POLLOCK, WHEAT FLOUR, MODIFIED CORN STARCH, WATER, SOYBEAN OIL, RICE FLOUR, SALT, SUGAR, DRIED ONION, DRIED GARLIC, LEAVENING (SODIUM ACID PHOSPHATE, SODIUM BICARBONATE), SPICES, YEAST, YEAST EXTRACT, DISODIUM INOSINATE & GUANYLATE, ARTIFICIAL FLAVORS (INCLUDES MILK), CITRIC ACID, PAPERINA EXTRACT (COLOR), SPICE EXTRACT.
ALLERGENS: CONTAINS FISH (POLLOCK), WHEAT, SOYBEANS, MILK

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