

NUTRITIONAL FACTS

THE PERFECT GOURMET

10/ 6 oz Coconut Cod



Coconut Encrusted Cod Fillet

KEEP FROZEN

COOKING INSTRUCTIONS

CONVENTIONAL OVEN: From Frozen: Preheat oven to 400°F. Bake on lightly greased foil lined tray on 400°F for 30-32 minutes turning halfway through cooking. Do not microwave. Cook to an internal temperature of 145°F.

INGREDIENTS: Cod, Water, Coconut, Bleached Wheat Flour, Enriched Bleached Wheat Flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Modified Corn Starch, Dextrose, Salt, Yeast, Leavening (sodium aluminum phosphate, sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), Powdered Sugar, Modified Food Starch, Yellow Corn Flour, Garlic Powder, Citric Acid, Onion Powder, Disodium Inosinate, Disodium Guanylate, Hydrolyzed Wheat Gluten, Egg Whites, Sorbitol, Maltodextrin, Natural and Artificial Flavors, Triacetin, Tapioca Maltodextrin, Corn Starch, Yeast Extract, Xanthan Gum, Sucralose, White Corn Flour, Cayenne Pepper, Spices, Less Than 2% Silico Aluminate (to prevent caking).

CONTAINS: Fish (Cod), Coconut, Wheat, Egg

LOT # xxxxxxxx

10/6 oz Net weight 3.75lbs.

Manufactured for **The Perfect Gourmet**, Swedesboro, New Jersey

Nutrition Facts

about 10 servings per container
Serving size 1 fillet (6oz/170g)

Amount per serving
Calories 300

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 470mg	20%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 23g	
Vitamin D 1mcg	6%
Calcium 26mg	2%
Iron 2mg	10%
Potassium 539mg	10%

*The % Daily Value 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.



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