

Dear Valued Customer,

Thank you for purchasing our Crumb Battered Wild Alaskan Pollock . The following information is provided to help you maintain the freshness and safety of the product. Upon receipt of this product, please store in your freezer for up to six (6) months. This product should be cooked from frozen.

Sincerely,

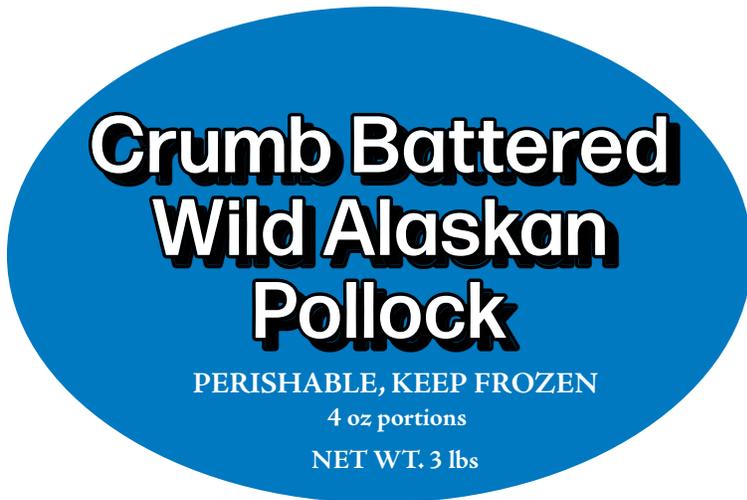
Anderson Seafoods Family

Nutrition Facts		
Serving Size	1 fillet	4 oz
About 12 pieces per container		
Amount Per Serving		
Calories	240	
	Daily Value %	
Total Fat	16g	21%
Saturated Fat	3.5g	18%
Trans Fat	0g	
Cholesterol	45mg	14%
Sodium	390mg	17%
Total Carbohydrate	11g	4%
Dietary Fiber	0g	0%
Total Sugars	0g	0%
Protein	11g	
Vitamin D	0mcg	0%
Iron	0.9mg	6%
Calcium	0mg	0%
Potassium	150mg	4%

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

Allergens:

Pollock, Wheat,
Dairy



In The Oven:

Bake for between 16-18 450 F°. Flip halfway through.

Air Fry:

Air Fry for between 14-16 minutes at 425 F°. Flip halfway through.

***Place under broiler for an additional 2 minutes for a crispier crust.**

INGREDIENTS:

ALASKA POLLOCK, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA OIL AND SOYBEAN OIL), BUTTER (PASTEURIZED CREAM, SALT), CONTAINS 2% OR LESS OF: SALT, LACTIC ACID, SUGAR, SPICES, CHEDDAR CHEESE (MILK, CULTURES, SALT, ENZYMES), YELLOW CORN FLOUR, YEAST, UNSALTED BUTTER PASTEURIZED CREAM, NATURAL FLAVOR), ONION POWDER, NATURAL FLAVORS, EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), BETA CAROTENE (COLOR). CONTAINS: FISH (POLLOCK), WHEAT, MILK

Since appliances vary, these instructions are guidelines only.

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