



## Dear Valued Customer,

Thank you for purchasing our Wild Potato Crusted Whiting. The following is provided to help you maintain the freshness and safety of the product. Upon receipt of this product, store in your freezer for up to six months. This product should be cooked from frozen.

Sincerely,

**Anderson Seafoods Family**

# WILD POTATO CRUSTED WHITING

PERISHABLE, KEEP FROZEN

3.5 oz portions

Net Weight 1.75 lbs

<b>Nutrition Facts</b>	
8 Servings Per Container	
<b>Serving Size 3.5oz</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>110</b>
% Daily Value*	
Total Fat 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 1.1mcg	6%
Calcium 40mg	4%
Iron 0.5mg	2%
Potassium 230mg	4%

\* The % Daily Values (DV) 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.

**INGREDIENTS:** SOUTHERN BLUE WHITING, WATER, MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF THE FOLLOWING: VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), DEHYDRATED POTATOES, POTATO STICKS (DEHYDRATED POTATOES, CANOLA OIL, SALT), SALT, YELLOW CORN FLOUR, WHITE CORN FLOUR, POTATOES, DISODIUM GUANYLATE, DISODIUM INOSINATE, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), CHEDDAR CHEESE (MILK, SALT, CULTURES, ENZYMES), AUTOLYZED YEAST EXTRACT, VINEGAR, GARLIC POWDER, ONION POWDER\*, TORULA YEAST, NATURAL FLAVORS, YEAST, MALTED BARLEY FLOUR, LEAVENING (SODIUM BICARBONATE), SEA SALT, BUTTERMILK POWDER, DEXTROSE, DISODIUM PHOSPHATE. CONTAINS: FISH (SOUTHERN BLUE WHITING), WHEAT, MILK

Method	Temperature	Time
Bake	400F°	20-24 minutes
Air Fry	400F°	16-18 minutes

**\*For crispier results, put under broiler for the last two (2) minutes of cooking.**

Since appliances vary, these instructions are guidelines only.

AndersonSeafoods.com | ShopAndersonSeafoods.com  
4780 Bryson St. Anaheim, CA 92807