

COD, BREADED 3 OZ RECTANGLE MINCED COOKED FROZEN

**Brand Name:** SEA STAR



**Manufacturer Name:** ICELANDIC USA INC

Nutritional Facts			
Serving Size: 84.00 g (84g)			
Amount per Serving		Calories from Fat: 80	
Calories: 220		% Daily Value*	
Total Fat: 9g			14%
Saturated Fat: 1.5g			8%
Trans Fat: 0g			
Cholesterol: 25mg			8%
Sodium: 310mg			13%
Total Carbohydrate: 23g			8%
Dietary Fiber: 1g			4%
Sugars: 0g			
Other Carbohydrate:			
Protein 10g			
Vitamin A:			0%
Vitamin C:			0%
Calcium:			0%
Iron:			0%
* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Ingredients:**

MINCED FISH (COD, POLLOCK, HADDOCK, OR WHITING), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, BLEACH WHEAT FLOUR, SALT, DEXTROSE, YEAST, PARTIALLY HYDROGENATED SOYBEAN OIL, COLORED WITH OLEORESIN PAPRIKA AND ANNATTO EXTRACT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), CELLULOSE GUM, SPICE EXTRACTIVE. FRIED IN SOYBEAN OIL.

**Product Description:****White Whole Grain Cluster Barbs****Label Description**

Nickles Whole Grain White Sandwich Buns

**Kosher:**

Pareve

**Allergens:****wheat, soy****Ingredients:**

Enriched Wheat Flour (Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Water, Whole White Wheat Flour, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Inulin, Salt, Soy Fiber, Nutrient Blend (Tricalcium Phosphate, Magnesium Oxide, Maltodextrin, Zinc Oxide, Niacin, Reduced Iron, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Vitamin B12), Monoglycerides, Calcium Carbonate, Vitamin D3, Calcium Stearoyl Lactylate, Calcium Propionate (preservative), Grain Vinegar, Soy Flour, Calcium Sulfate, Monocalcium Phosphate, Ethoxylated Mono- and Diglycerides, Soy Lecithin, sesame seeds, *if seeded*.

**Nutrition facts:**

Serving size: 1 bun

wt./serving

43 grams

Servings per container: 8

Nutrient	Values	Unit	%DailyValue
Calories	120	Kcal	
Calories From Fat	15	kcal	
Total Fat	1.5	g	2%
Saturated Fat	0	g	0%
Trans Fat	0	g	
Polyunsaturated Fat	1	g	
Monounsaturated Fat	0	g	
Cholesterol	0	mg	0%
Sodium	220	mg	9%
Potassium	0	mg	0%
Total Carbohydrate	22	g	7%
Dietary Fiber	3	g	12%
Sugars	3	g	
Protein	4	g	
Vitamin A	0		0%
Vitamin C	0		0%
Calcium	36.08	mg	20%
Iron	1.83	mg	10%
Vitamin D	75	IU	20%
Thiamin	0.18	mg	15%
Riboflavin	0.12	mg	10%
Niacin	1.41	mcg	10%
Folate	28.02	mcg	15%