

## All Natural Panko Breaded Fish Sticks

Unlike regular breadcrumbs, panko crumbs are made with crusts. That's why our all-natural, wild-caught Panko Breaded Fish Sticks, (cut from whole fillets!) have such a light, flakey crunch.



<b>Nutrition Facts</b>	
Serving Size 3 oz. (85g/About 4 Sticks)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2g	<b>9%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 0g	<b>1%</b>
Sugars 0g	
<b>Protein</b> 12g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 4%
*Percentage 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	300g 375g
Dietary Fiber	25g 30g

**INGREDIENTS:** POLLOCK, WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, YELLOW CORN FLOUR, SALT, SUGAR, DEXTROSE, YEAST, EXTRACTIVES OF PAPRIKA, GARLIC POWDER, SPICE, SPICE EXTRACTIVE, EXPELLER PRESSED CANOLA OIL. FRIED IN VEGETABLE OIL (COTTONSEED, CANOLA AND/OR SOYBEAN OIL).

**CONTAINS:** POLLACK, WHEAT, SOY

Product Code	GTIN	Pack Size	Units/Measure	UPC
10000	1 00 41625 22359 4	10	2#	0-41625-22359-7

Brand	Product Description
Matlaw's	Matlaw's All Natural Fish Sticks

Case Net Wt. (lbs.)	Case Gross Wt. (lbs.)	Country of Origin
20	22	USA

Case Dimensions / Shipping Information					
Length	Width	Height	TlxHI	Shelf Life	Storage Temp
18.75	11.75	6.875	7x10	18 months	0-18°

### COOKING INSTRUCTIONS

PREVIOUSLY FROZEN / KEEP REFRIGERATED UNTIL READY TO USE.

For food safety and quality, follow cooking instructions.

CAUTION: Product may be very hot after cooking. Cooking appliances vary in efficiency: time and/or temperature may need to be adjusted to achieve 160°F product temperature. Refrigerate or discard leftovers.

To Bake: IF FROZEN: Place sticks on crumpled aluminum foil in a 425°F oven for 18-21 minutes. IF THAWED: 375°F for 15-18 minutes.

### SERVING SUGGESTIONS

Great for appetizers, buffets or baskets.

