



Fish Nuggets

with Northern Beans
& Broccoli Florets



Nutrition Facts	
1 serving per container	
Serving size 1 meal (288g)	
Amount per serving	
Calories	350
	% Daily Value*
Total Fat 10g	20%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 45mg	9%
Sodium 390mg	78%
Total Carbohydrate 42g	8%
Dietary Fiber 10g	20%
Total Sugars 2g	4%
Includes 0g Added Sugars	0%
Protein 26g	52%
Vitamin D 0mcg	0%
Calcium 100mg	20%
Iron 4mg	80%
Potassium 760mg	16%

Packaging

Meal Number	070	Case Length	18.125 in
GTIN	00814748000709	Case Width	14.125 in
Pack Size	20 each	Case Height	8.125 in
Meal Weight	10.15 oz	Case Cube	1.20 ft ³
Case Weight Gross	16.19 lbs	Cases/Pallet	48
Case Weight Net	12.69 lbs	Hi	8
Case Pack Code	yymmdd	Ti	6

Preparation

Cook times may need to be adjusted due to variations in appliances. Check that product is heated to internal temperature of 165°F.	
Microwave	Slit film over each compartment. Microwave on high 5 minutes. Carefully remove product and let stand 2 minutes.
Conventional Oven	Slit film over each compartment. Bake at 350°F for 25 minutes. Carefully remove product.

Additional

Allergens	Fish, Wheat, Soy	Order Lead Time	14 days
Kosher	No	Storage	-10°—10°F
CN	No	Shelf Life	365 days*

*From production when kept at 0°F or below

Information shown may vary from product currently in distribution. Changes in ingredients, processes, and regulations occur, affecting content. The most accurate information is available on product package.

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