



**BEST
CATCH
of
the
DAY**

MADE IN
MD
MARYLAND



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LEMON GARLIC HERB COD

with Green Beans, Sweet Potatoes, & Red Peppers

Open your palate to the tastiest wonders of the sea! Our Lemon Garlic Herb Cod is made with the freshest ingredients that makes for a flavorful and nutritious meal! Save time in the kitchen and let us do the work for you. Just HEAT, EAT & ENJOY!



Item No.
99008

Ingredients: Fish (Cod), Green Beans, Sweet Potatoes, Grade AA Butter (pasteurized cream, lactic acid), Roasted Garlic, Garlic Puree (garlic, citric acid), Parsley, Lemon Juice, Basil, Oregano, Chives, Onion Salt, Garlic Salt, Black Pepper, Red peppers, olive oil blend, brown sugar and spices.

Cooking Instructions from Frozen (Microwave): Remove band, place in microwave with film left on. Microwave on HIGH for 7 1/2 minutes. Remove from microwave, remove film, place back in microwave for another 30 seconds to 1 minute. Remove from microwave, let stand for 1-2 minutes. Internal temperature of fish 145 °F degrees before consuming.

Recommended Cooking Instructions from Thaw (Microwave): Important, keep frozen until used, thaw under refrigeration immediately before use. Once thawed, remove band, place in microwave with the film left on. Microwave on HIGH for 6 minutes. Remove and let stand for 1-2 minutes, remove film. Internal temperature of fish 145 °F degrees before consuming.

Net Weight: 12.5oz (353g)
Keep Frozen
Contains: Cod, Milk
**(May Contain: Crab, Milk, Egg, Soy, Sesame, Wheat) **

Nutrition Facts

1 Serving per container	
Serving Size	1 Serving (353g)
Amount Per Serving	
Calories	460
% Daily Value*	
Total Fat 27g	34%
Saturated Fat 15g	76%
Trans Fat 1g	
Cholesterol 110mg	37%
Sodium 300mg	13%
Total Carbohydrate 32g	12%
Dietary Fiber 5g	19%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 1mcg (58 IU)	8%
Calcium 101 mg	8%
Iron 3 mg	15%
Potassium 1040mg	20%

* The % Daily Value (DV) tells you how much nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.



Pack Size: 12/12.5oz. Meals Per Case
Pallet Ti/Hi: 6/10 (60/cases)
Case weight: 9.375lbs.
Case Dimensions:
18-1/8" x 14-1/8" x 5-1/8" (L x W x H)
Net Pallet Weight: 562.5lbs.
Pallet Height: 64"-66" Top of Full Pallet

GTIN: 00850051829040
Stored Frozen: 0 degrees
Shelf Life Frozen: 18 months
Lot Coding Used: BEST BY DATE 18 MONTHS
(545 days) FROM DAY OF PRODUCTION



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