

Item No.  
99010

**BEST  
CATCH  
of  
the  
DAY**

# SOUTHERN CREOLE COD

with Asparagus, White Rice,  
& Chili Lime Butter

*Open your palate to the tastiest wonders of the sea! Our Southern Creole 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!*



MADE IN  
**MD**  
MARYLAND



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**Ingredients:** Fish (Cod), Asparagus, White Rice, Butter (pasteurized cream, lactic acid), Chipotle Peppers (water, tomato paste, vinegar, iodized salt, sugar, onion, RBD soybean oil, starch, spices, garlic oil), Roasted garlic, Cilantro, Lime Juice, Jalapeño Powder, Sea Salt, Red Peppers, Creole Spice (salt, spices, dehydrated garlic, paprika, and silicon dioxide added to prevent caking), olive oil blend, 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, Soy  
\*\*(May Contain: Crab, Milk, Egg, Soy, Sesame, Wheat) \*\*

Nutrition Facts	
1 Serving per container	
<b>Serving Size</b>	<b>1 Serving (353g)</b>
Amount Per Serving	
<b>Calories</b>	<b>590</b>
% Daily Value*	
<b>Total Fat</b> 39g	<b>50%</b>
Saturated Fat 17g	<b>84%</b>
Trans Fat 1g	
<b>Cholesterol</b> 110mg	<b>37%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 3g	<b>9%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 27g	
Vitamin D 1mcg (58 IU)	<b>8%</b>
Calcium 64 mg	<b>4%</b>
Iron 3 mg	<b>15%</b>
Potassium 730 mg	<b>15%</b>

\* 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:** 00850051829071  
**Stored Frozen:** 0 degrees  
**Shelf Life Frozen:** 18 months  
**Lot Coding Used:** BEST BY DATE 18 MONTHS  
(545 days) FROM DAY OF PRODUCTION

