CLEAR SPRINGS FOODS®	Clear Springs Foods, Inc. Specialty Products 240 Clear Lakes Road Buhl, ID 83316	Doc#:	PIS-SP-SA-0057
		Revision:	2
		Revision Date:	11/17/2016
	08775 Parmesan Crusted Cod - 6.0 oz. (1 x 10 lb. box)	Supersedes:	06/06/2016
		Product Number	08775
		SCC 14#	10070765087759
		Brand:	Clear Springs

Cod Portions coated with a parmesan crust with a tangy Italian seasoning for a mild, delicate flavor. Fillets are individually quick frozen and ready to bake or sauté.

Case label

Nutrition Facts

Serving Size 6 oz. (170g)
Servings Per Container about 26

Amount Per Serving

Calories 280 Calories from Fat 130

	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 700mg	**29%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 26g	

Vitamin A 0% • Vitamin C 2%
Calcium 4% • Iron 4%

*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
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

Retail label

Nutrition Facts

Serving Size 6 oz. (170g)
Servings Per Container varies

Amount Per Serving

Calories 280 Calories from Fat 130

	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 700mg	**29%**
Total Carbohydrate 18g	**6%**
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Ingredient Statement:

Ingredients: Cod, wheat flour, water, soybean oil, enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), degerminated yellow corn flour, maltodextrin, rice flour, salt, Parmesan and Romano Cheeses (pasteurized milk, cheese cultures salt and enzymes), whey, corn starch, contains less than 2% of: soy flour, sugar, spices, garlic powder, yeast, leavening (sodium bicarbonate, monocalcium phosphate), dextrose, natural flavor.
Contains: Fish (Cod), Wheat, Soy, Milk.

Cooking Instructions: From Frozen

Fish must reach an internal temperature of 145°F prior to eating. Appliances vary, adjust accordingly. Reduce cook time 5 minutes if cooked from thawed.

Convection Oven:

Preheat oven to 375°F. Place fillet on baking pan.
Bake for 20 - 25 minutes or until fish is opaque and flakes easily.

Conventional Oven:

Preheat oven to 425°F. Place fillet on baking pan. Bake for 25 - 30 minutes or until fish is opaque and flakes easily. (Additional browning may be achieved by finishing under broiler)

Pan Saute: (Medium heat in 2 – 3 tablespoons of cooking oil)

1) Place fillet skin side up in preheated oiled pan and sauté for 5 - 7 minutes.
2) Turn fillets and cook 5 - 7 minutes or until fish is opaque and flakes easily.

Handling / Shelf Life

	Temperature	Shelf Life:
Frozen:	≤ 0°	18 Months
Refrigerated:	33-38°F	5 Days

Packaging:

Piece Count:	25 - 29	Inner Bag 18 x 26”
Weight Range:	5 – 7 oz.	Case Size (L x W x H): 15” x 9.25” x 6.25”
Net Weight:	10 pounds	Ti / Hi 13 x 12
Gross Weight:	11 pounds	Units/Pallet: 156
Cube:	0.50 cubic ft.	24 retail labels / case

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