



Clear Springs Foods, Inc.
Specialty Plant
P.O. Box 712 Buhl, ID 83316

08772- Super Grains Cod
6 oz. (1 x 10 lb. box)

Doc #:	PIS-SP-SA-0083
Revision:	3
Revision Date:	11/17/2016
Supersedes:	10/14/2016
Product Number	08772
SCC 14#	10070765087728
Brand:	Clear Springs

Hearty Super Grains Crusted Cod is coated with quinoa, rolled oats, flaxseed and other grains, with a savory garlic flavor. Individually quick frozen and ready to bake or pan fry.

case label

retail label

Nutrition Facts

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

Amount Per Serving	Calories 270	Calories from Fat 90	% Daily Value*
Total Fat 10g			15%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 60mg			20%
Sodium 520mg			22%
Total Carbohydrate 15g			5%
Dietary Fiber 1g			4%
Sugars 0g			
Protein 28g			
Vitamin A 0%		Vitamin C 0%	
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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

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

Amount Per Serving	Calories 270	Calories from Fat 90	% Daily Value*
Total Fat 10g			15%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 60mg			20%
Sodium 520mg			22%
Total Carbohydrate 15g			5%
Dietary Fiber 1g			4%
Sugars 0g			
Protein 28g			
Vitamin A 0%		Vitamin C 0%	
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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredient Statement: Cod, wheat flour, water, soybean oil, modified corn starch, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), flaxseed, whole grain quinoa, whole grain rolled oats, yellow corn germ, contains less than 2% of: salt, poppy seeds, brown rice, garlic, dextrin, rice flour, sugar, onion, cornstarch, yeast, leavening (sodium acid pyrophosphate, sodium bicarbonate), xanthan gum.
Contains: Fish (Cod), Wheat

Cooking Instructions: From Frozen

Fillets must reach an internal temperature of 145°F prior to eating. Appliances vary, adjust accordingly.

Convection Oven 375° F – 20 - 25 minutes

Conventional Oven 425°F 25 - 30 minutes

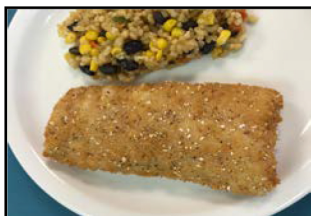
Pan Fry – lightly oiled pan, medium heat for 5 – 7 minutes per side
(Reduce cook time by 5 minutes if cooked from thawed)

Handling / Shelf Life	Temperature	Shelf Life:
Frozen:	≤ 0°	18 months
Refrigerated	33 – 38F	5 days

Packaging

Piece Count:	25 – 29	Inner Bag 18 x 26"
Net Weight:	10 pounds	Case Size (L x W x H): 15" x 9.25" x 6.25"
Gross Weight:	11 pounds	Ti / Hi 13 x 12
Cube:	0.50 cubic ft.	Units/Pallet: 156

24 retail labels per case



Distributed by Seacore Seafood
905.856.6222 | orders@seacore.ca | www.seacore.ca

