



1.8 oz. Pollock
Mini Sandwich Portion

Cooking & Handling Instructions

Keep frozen until ready to use. Thawing of the product is not recommended — cook from frozen. Cook product to an internal temperature of 165°F.

		.8oz.	1.8oz.	2.5-3.5oz.	3.8oz.	4oz.
METHOD	TEMP.	MINUTES				
Deep Fry	350° F	2-3.5	3.5-5	5.5-8	3.5-5	4-4.5
Heat oil to 350° F. Add frozen product, fry until golden brown, shake basket occasionally to prevent adhesion.						

**Cooking times and temperatures may vary substantially. Test cooked fish by inserting fork at thickest part of the fillet. Fish should flake with gentle pressure, and flesh should be opaque. (Internal temperature should be at least 165°F.)*

We strive to produce a fully “boneless” product. As with all fish, however, occasional bones may still be present.

Pack Information

ITEM #	DESCRIPTION	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
CRISPANKO™ POLLOCK SMALL TENDERS				
413892	0.8 oz Original, raw breaded	1/10 lb.	200	0 00 28029 13892 4
CRISPANKO™ POLLOCK				
414049	1.8 oz Sandwich Portion Original, raw breaded	1/10 lb.	88	0 00 28029 14049 1
413894	2.5-3.5 oz Original, raw breaded	1/10 lb.	52	0 00 28029 13894 8
413896	3.8 oz Sandwich Portion Original, raw breaded	1/10 lb.	42	0 00 28029 13896 2
CRISPANKO™ COD				
413897	2.5-3.5 oz Original, raw breaded	1/10 lb.	58	0 00 28029 13897 9
421793	Crispanko Cod Portions 4oz Wedge Shaped	1/10 lb.	40	0 00 28029 21793 3
10LB CASE DIMENSIONS: 15" L x 9.94" W x 6.25" D GROSS WEIGHT: 11.2 lb. CUBE: .54 TI HI: 12 X 7				

Nutrition Facts	Crispanko™ Pollock Original .8 oz. size		Crispanko™ Pollock Original 2.5-3.5 oz. size		Crispanko™ Pollock Original 3.8 oz. size		Crispanko™ Pollock Original 1.8 oz. size		Crispanko™ Cod 4 oz. wedge shape		Crispanko™ Cod Original 2.5-3.5 oz. size	
Serving Size	5 pieces (133g/4 oz)		1 piece (88 g/3.1 oz)		1 piece (108 g/3.8 oz)		1 piece (101 g/3.6 oz)		1 piece (113 g/4 oz)		1 piece (100 g/5 oz)	
Amount Per Serving												
Calories	140		180		110		130		170		100	
Calories from Fat	10		10		5		10		5		5	
	% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*	
Total Fat	1g	2%	0g	0%	1g	2%	1g	2%	.5g	1%	0g	0%
Saturated Fat	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%
Trans Fat	0g		0g		0g		0g		0g		0g	
Cholesterol	40mg	13%	30mg	10%	45mg	15%	40mg	13%	30mg	10%	20mg	7%
Sodium	730mg	30%	550mg	23%	570mg	24%	540mg	23%	750mg	31%	470mg	20%
Total Carbohydrate	20g	7%	15g	5%	18g	6%	17g	6%	21g	7%	13g	4%
Dietary Fiber	1g	4%	0g	0%	1g	4%	0g	0%	1g	4%	0g	0%
Sugars	0g		0g		0g		0g		0g		0g	
Protein	12g		10g		13g		12g		13g		9g	
Vitamin A • Vitamin C	2% • 0%		0% • 0%		2% • 0%		2% • 0%		0% • 0%		0% • 0%	
Calcium • Iron	2% • 4%		2% • 4%		0% • 4%		0% • 4%		2% • 4%		2% • 2%	
*Percent Daily Values are based on a 2,000 calorie diet.												

413892, 413894 INGREDIENTS: ALASKA POLLOCK, WATER, BLEACHED WHEAT FLOUR, BLEACHED ENRICHED WHEAT FLOUR, (WHEAT FLOUR, NIACIN, RIBOFLAVIN, THIAMINE MONONITRATE, REDUCED IRON, FOLIC ACID), MODIFIED CORN STARCH, YELLOW CORN FLOUR, CONTAINS 2% OF LESS OF: ONION POWDER, GARLIC POWDER, SPICE, WHEY, DEXTROSE, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), YEAST, SALT, PALM OIL, MALTED BARLEY FLOUR, DISODIUM INOSINATE AND DISODIUM GUANYLATE, YEAST EXTRACT, TURMERIC, ASCORBIC ACID, SODIUM PHOSPHATES (TO PRESERVE MOISTURE). CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK.

413897 INGREDIENTS: ALASKA COD, WATER, BLEACHED ENRICHED FLOUR (WHEAT, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: SALT, WHEY, YEAST, PALM OIL, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), GARLIC POWDER, ONION POWDER, MALTED BARLEY FLOUR, SPICE, DEXTROSE, DISODIUM INOSINATE AND DISODIUM GUANYLATE, TURMERIC (COLOR), YEAST EXTRACT, ASCORBIC ACID (ADDED AS A DOUGH CONDITIONER). CONTAINS FISH (ALASKA COD), WHEAT, MILK.

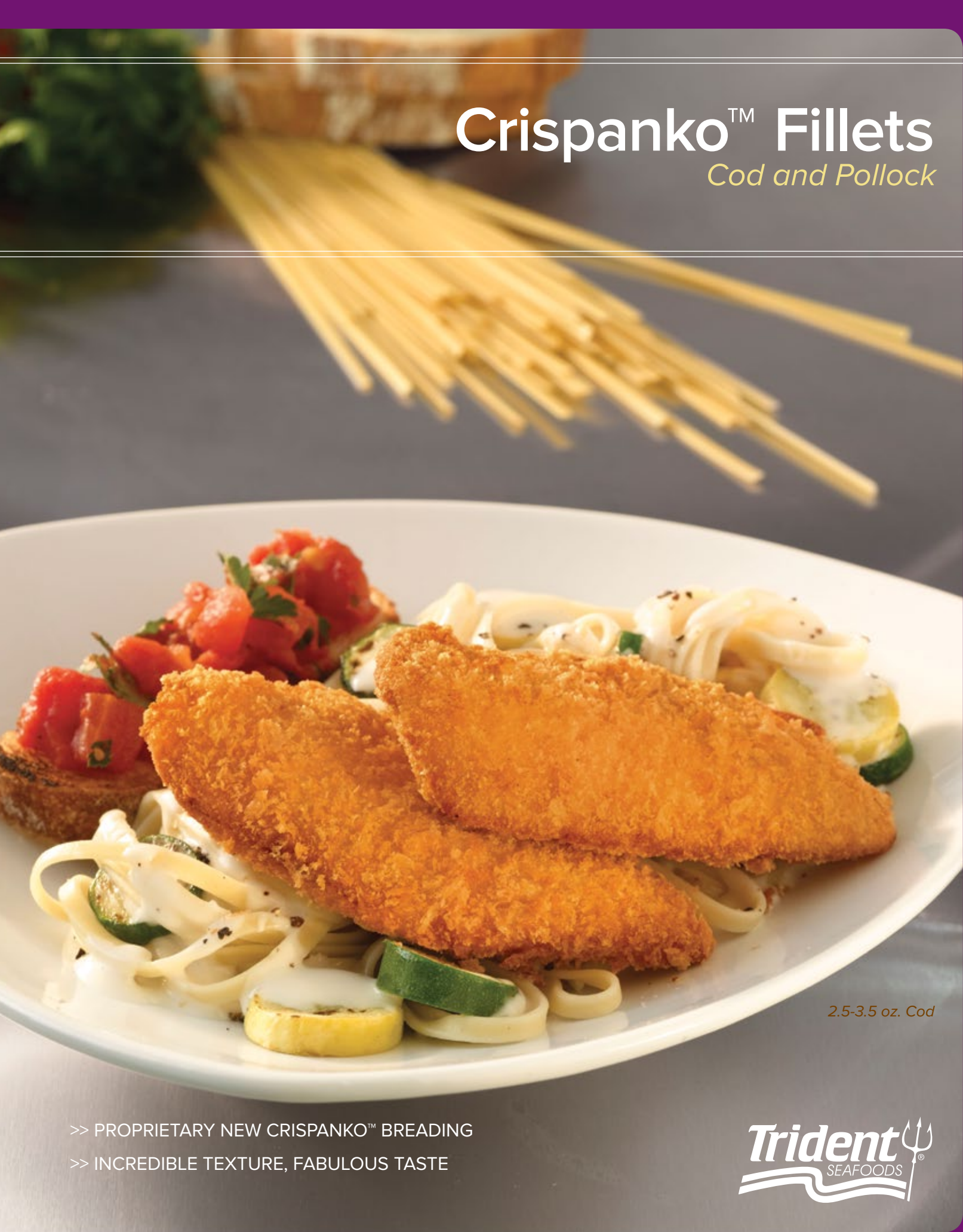
413896 & 414049 INGREDIENTS: ALASKA POLLOCK, WATER, BLEACHED WHEAT FLOUR, BLEACHED ENRICHED WHEAT FLOUR, (WHEAT FLOUR, NIACIN, RIBOFLAVIN, THIAMINE MONONITRATE, REDUCED IRON, FOLIC ACID), MODIFIED CORN STARCH, YELLOW CORN FLOUR, CONTAINS 2% OF LESS OF: ONION POWDER, GARLIC POWDER, SPICE, WHEY, DEXTROSE, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), YEAST, SALT, PALM OIL, MALTED BARLEY FLOUR, DISODIUM INOSINATE AND DISODIUM GUANYLATE, YEAST EXTRACT, TURMERIC, ASCORBIC ACID. CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK.

421793 INGREDIENTS: ALASKA COD, WATER, BLEACHED ENRICHED FLOUR (WHEAT, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, YELLOW CORN FLOUR, CONTAINS 2% OF LESS OF: ONION POWDER, GARLIC POWDER, SPICE, WHEY, DEXTROSE, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), YEAST, SALT, PALM OIL, MALTED BARLEY FLOUR, DISODIUM INOSINATE AND DISODIUM GUANYLATE, YEAST EXTRACT, TURMERIC (COLOR), YEAST EXTRACT, ASCORBIC ACID (ADDED AS A DOUGH CONDITIONER). CONTAINS FISH (ALASKA COD), WHEAT, MILK.



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Crispanko™ Fillets

Cod and Pollock

>> PROPRIETARY NEW CRISPANKO™ BREADING

>> INCREDIBLE TEXTURE, FABULOUS TASTE



Crispanko™ Breaded Cod and Pollock

GREAT WILD SEAFOOD ON THE RAGGED EDGE OF CRUNCH

Light, crisp, delicate and delicious, there’s nothing like Trident Seafoods proprietary Crispanko™ coating for putting some *crunch* in your kitchen. Available in a combination of species and portion sizes, Trident’s Crispanko Breaded Fillets complement just about any page on the menu—from lunch-time favorites to late-night snacks. And they cook from frozen in minutes, delivering great seafood flavor and remarkable value to any basket or plate.

Key to the crunch in Trident’s new Crispanko breeding is the unique texture of the breadcrumbs themselves. Not ground or milled or dried—but broken from fresh loaves of specially baked bread—they cook up crisp, golden and spiky with crunchy crevices that hold up firm to a classic creamy tartar or your own signature dipping sauce.

Whichever variety you choose, know that you’re picking a great piece of fish from America’s leading seafood producer. Call us today and see what Trident can do for you.



4 oz. Cod Wedge

Features & Benefits

- >> **PROPRIETARY NEW CRISPANKO™ BREADING**
Cooks up light, golden and super crisp
- >> **HIGH-END, WILD-CAUGHT ALASKA POLLOCK & COD**
Naturally moist, white and flavorful
- >> **GREAT SELECTION OF CUTS AND APPLICATIONS**
From small-bite starters to center of the plate

Species Information

Alaska Cod
Wild Alaska Cod is a large, lean whitefish that’s an excellent source of high quality protein. With a sweet flavor, delicate texture and a large melt-in-your-mouth flake, it’s well suited for a wide variety of menu applications.

Alaska Pollock
Alaska pollock is the most abundant fish species harvested in Alaska waters. Managed carefully by NOAA Fisheries and certified sustainable by the Marine Stewardship Council, Alaska pollock is an environmentally responsible seafood choice. Cousin to the codfish, its lean, snow-white flesh, delicate texture and mild taste make it one of the most versatile and healthy choices available.

Six Crispanko™ Options:

We offer 2 species, 5 portion sizes:

Alaska Cod	2.5-3.5 oz. Fillet
	4 oz. Wedge
Alaska Pollock	2.5-3.5 oz. Fillet
	3.8 oz. Sandwich Portion
	1.8 oz. Mini Sandwich Portion
	0.8 oz. Small Tenders



3.8 oz. Pollock Sandwich Portion



0.8 oz. Pollock Small Tenders



2.5-3.5 oz. Pollock