

# Nutrition Facts

1 serving per container

Serving size 1 meal (323g)

Amount per serving

**Calories 301**

% Daily Value\*

Total Fat 15g 19%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 39mg 13%

Sodium 299mg 13%

Total Carbohydrate 51g 19%

Dietary Fiber 15g 54%

Total Sugars 2g

Includes g Added Sugars %

Protein 18g

Vitamin D 0mcg 0%

Calcium 98mg 8%

Iron 2mg 11%

Potassium 870mg 19%

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

**INGREDIENTS: PRECOOKED BREADED WHOLE GRAIN CORNMEAL POLLOCK STICKS (Pollock, Whole Wheat Flour, Vegetable Oil [Canola, Cottonseed and/or Soybean], Whole Grain Yellow Corn Flour, Modified Corn Starch, Enriched Yellow Corn Meal [Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Enriched Wheat Flour [Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water Salt, Dextrose, Tapioca Starch, Spices, Wheat Gluten, Yeast Extract, Palm Oil, Onion Powder, Leavening [Sodium Acid Pyrophosphate, Sodium Bicarbonate], Garlic Powder, Yeast, Sugar, Sodium Tripolyphosphate [To Retain Moisture]), POTATO AU GRATIN (Water, Instant Mashed Potatoes [Potatoes, Mono And Diglycerides, Freshness Preserved With Sodium Bisulfite, BHT], Yellow American Feather Shred Processed Cheese [Cultured Milk, Water, Cream, Sodium Citrate, Salt, Powdered Cellulose Added To Prevent Caking, Sodium Phosphate, Citric Acid, Sorbic Acid (Preservative), Artificial Color, Enzymes], Butter Buds [Whey Solids, Natural Flavor, Maltodextrin, Dehydrated Butter {Buttermilk Powder, Butter}, Guar Gum, Annatto, Turmeric {Color}], Nonfat Dry Milk [Fortified Instant Nonfat Dry Milk {Calcium Carbonate, Vitamin A Palmitate, Vitamin D}], Dehydrated Onion, White Pepper, Chives) MIXED VEGETABLES (Diced Carrots, Diced Potatoes, Cut Green Beans, Sweet Corn Kernels)**

**CONTAINS: Fish (Pollock), Wheat, Soy, Milk, Sulfites**

Manufactured by:



GA Foods, Inc.  
Saint Petersburg, Florida 33716  
www.GAFoods.com  
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