

Low-Fat Breaded Alaskan Pollock

sm♥**rt**[™]
HEART SMART



- >> AWARD WINNING*
- >> LOW FAT; LESS THAN 3G FAT PER SERVING
- >> CRISPY RIGHT FROM THE OVEN
- >> NEVER FRIED

Trident[®]
SEAFOODS



Low-Fat Breaded Alaskan Pollock

Double up on healthy dining with Trident Heart Smart™ Alaskan Pollock. Our new line of Trident Heart Smart portions gives fat and calories the one-two punch and knocks some sense into breaded seafood. To begin with, each 1oz, 3.6 oz, or 4oz portion is cut from 100% pure Alaska pollock fillet with no added mince or filler. They're coated with a revolutionary new breading that holds tight to the fish and serves up crisp and delicious right from the oven.

They're low fat because they've never been par-fried. They're crafted to be baked, so they never touch hot oil—not in our plant and not in your kitchen. The result is a totally new breaded fish portion that delivers all of the “comfort” of traditional deep-fried fish with far fewer calories and less than 3 grams of fat per serving. When your fish is as flavorful and healthy as this, it opens the door to a whole new world of exciting recipes that celebrate great seafood and make it simple to eat smart.

Features & Benefits

- >> **GREAT FLAVOR, LOW FAT**
Savory seasoning; less than 3g fat/serving
- >> **NEVER PAR FRIED**
Eliminates hot-oil processing; reduces fat
- >> **CRISPY RIGHT FROM THE OVEN**
Hot and delicious without deep frying
- >> **OG TRANS FAT**
Meets strictest trans-fat requirements
- >> **REVOLUTIONARY NEW BREADING**
Holds tight, stays crisp, tastes wonderful

Species Information

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.

PACK INFORMATION

ITEM #	DESCRIPTION	PACK SIZE	APPROX. PIECES PER CASE	CN #	GTIN #
412447	1.0 oz. Nugget	1/10 lb.	160	070364	0 00 28029 12447 7
MILITARY: Item # 400227 GTIN # 0 00 28029 00227 0 NAPA Code: 8905-01-E61-4536					
412448	3.6 oz. Rectangle	1/10 lb.	44	070365	0 00 28029 12448 4
MILITARY: Item # 400226 GTIN # 0 00 28029 00226 3 NAPA Code: 8905-01-E61-4537					
412450	4.0 oz. Wedge	1/10 lb.	40	070366	0 00 28029 12450 7
MILITARY: Item # 400228 GTIN # 0 00 28029 00228 7 NAPA Code: 8905-01-E61-4538					
15" L x 10" W x 6" D		GROSS WEIGHT: 10.7 lb.		CUBE: .52	TI HI: 12 x 7



HANDLING INSTRUCTIONS

Keep frozen until ready to use.

COOKING INSTRUCTIONS

Bake on ungreased baking sheet until golden brown.

- 1.0 oz. NUGGET:** Convection Oven: 425°F, 8–10 minutes; Conventional Oven: 450°F, 9–11 minutes
- 3.6 oz. RECTANGLE:** Convection Oven: 425°F, 13–15 minutes; Conventional Oven: 450°F, 16–18 minutes
- 4.0 oz. WEDGE:** Convection 425°F, 13–15 minutes; Conventional 450°F, 16–18 minutes

Cooking times and temperatures may vary with equipment and load.

CHILD NUTRITION INFORMATION

1.0 oz. Nugget:	3.6 oz. Rectangle:	4.0 oz. Wedge:
Child Nutrition (CN): 070364	Child Nutrition (CN): 070365	Child Nutrition (CN): 070366
4 Pieces – 2 oz Meat Equivalent, 1.25 Serving of Bread Alternate	1 Piece – 1.75 oz Meat Equivalent, 1.00 Serving of Bread Alternate	1 Piece – 2.0 oz Meat Equivalent, 1.25 Serving of Bread Alternate

Nutrition Facts – Serving Size:	1.0 oz Nugget 4.0 oz (113g)	3.6 oz Rectangle 3.6 oz (102g)	4.0 oz Wedge 4.0 oz (113g)
Amount Per Serving			
Calories	160	140	160
Calories from Fat	20	20	20
% Daily Value*			
Total Fat	2g 3%	2g 3%	2.5g 4%
Saturated Fat	0g 0%	0g 0%	0g 0%
Trans Fat	0g	0g	0g
Cholesterol	15mg 5%	20mg 7%	20mg 7%
Sodium	420mg 18%	360mg 15%	380mg 16%
Total Carbohydrate	21g 7%	17g 6%	19g 6%
Dietary Fiber	2g 8%	2g 8%	2g 8%
Sugars	6g	5g	5g
Protein	15g 30%	13g 26%	15g 30%
Vitamin A • Vitamin C	0% • 15%	0% • 10%	0% • 10%
Calcium • Iron	2% • 8%	0% • 6%	0% • 8%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: 66% Alaska Pollock 34% Batter & Breading: Enriched Bleached and Unbleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Contains 2% or less of each of the following: Annatto Extract (color), Canola Oil, Caramel Color, Dextrose, Dried Garlic, Dried Onion, Dried Yeast, Extractives of Paprika (color), Hydrolyzed Corn Gluten, Hydrolyzed Whey Protein, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Modified Corn Starch, Mono and Diglycerides, Mustard Bran, Mustard Flour, Natural Flavors, Potassium Chloride, Salt, Soy Flour, Soy Lecithin, Spice Extract, Spices, Sugar, Yeast Extract, Yellow Corn Flour. Contains: Fish (Alaska Pollock), Wheat, Milk, Soybeans

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.

* First Place, Food Service, Alaskan Symphony of Seafood, 2008.



5303 SHILSHOLE AVE NW, SEATTLE, WA 98107
 (800) 367-6065 (206) 783-3474
 FAX: (206) 782-7246 E-MAIL: Sales@TridentSeafoods.com www.TridentSeafoods.com