



Oven Crisp Cod Nuggets

Fantastic Taste with Broad Appeal
Hand Cut for a Natural Shape
Trans-Fat Free



MSC-C-50679

Oven Crisp Cod Nuggets

This crunchy and flavourful product offers a wide appeal. Free of trans-fats and mild tasting, these breaded portions will satisfy even the pickiest of palates. Whether baked for a healthier application or fried, Toppits Oven Crisp Cod Nuggets is sure to be a hit! Made from whole pieces of fish, these perfectly-sized treats are ideal for appetizers or kids' menus.



Features & Benefits

- Whole pieces of fish
- Hand cut
- Lightly seasoned flavour
- Natural-shape nuggets
- Oven-ready

Cooking Instructions

Oven: Bake at 425 °F (218 °C) for 12-14 minutes. **Convection Oven:** Bake at 425 °F (205 °C) for 10-12 minutes. **Fryer:** Deep fry at 365 °F (185 °C) for 3-4 minutes or until golden brown. **Note:** Product must be cooked to an internal temperature of 158 °F (70 °C).

Nutrition Facts Valeur nutritive

Per 3 nuggets (85 g)
pour 3 croquettes (85 g)

| Amount Teneur | % Daily Value % valeur quotidienne |
|--|---------------------------------------|
| Calories / Calories 220 | |
| Fat / Lipides 11 g | 17 % |
| Saturated / saturés 1 g + Trans / trans 0 g | 5 % |
| Cholesterol / Cholestérol 15 mg | 5 % |
| Sodium / Sodium 550 mg | 23 % |
| Carbohydrate / Glucides 20 g | 7 % |
| Fibre / Fibres 0 g | 0 % |
| Sugars / Sucres 1 g | |
| Protein / Protéines 9 g | |
| Vitamin A / Vitamine A | 0 % |
| Vitamin C / Vitamine C | 0 % |
| Calcium / Calcium | 2 % |
| Iron / Fer | 0 % |

Ingredients

Cod, bleached wheat flour, wheat flour, modified corn starch, yellow corn flour, salt, dextrose, yeast, garlic powder, canola oil, onion powder, sugar, baking powder, eggs, soy flour, sodium aluminium silicate (anticaking agent).

| Item | Description | Brand | Origin | Pack | SCC |
|---------|----------------------------------|---------|--------|---------|----------------|
| TV13265 | MSC Oven Crisp Cod Nuggets, 10oz | Toppits | USA | 1/10 lb | 10068689132655 |

From an MSC certified sustainable fishery. www.msc.org

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