

# Battered Fish Bites

Our Traditional home-style batter recipe is the perfect compliment to our premium haddock and halibut portions. The small portion size makes them ideal for kids and seniors menus, as well as platters and appetizers.



**TEJA**  
FOOD GROUP



## Haddock Bite

<b>Nutrition Facts</b>	
Serving Size 1 oz (113g)	
Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 90
% Daily Values*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 710mg	<b>30%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 11g	<b>22%</b>
*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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

## Halibut Bite

<b>Nutrition Facts</b>	
Serving Size 1 (103g)	
Amount Per Serving	
<b>Calories</b> 240	Calories from Fat 80
% Daily Values*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 660mg	<b>28%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein</b> 14g	<b>28%</b>
Vitamin C 8%	
*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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

## Features & Benefits

- Great for kids & seniors meals
- Cut from natural fillets
- Par-fried, can be cooked in oven or fryer

## Preparation

For best results cook from frozen. If thawed, reduce cook time.

- Deep Fry: 365°F - 4-5 Minutes
- Oven: 425°F - 13-15 Minutes, turn over once during cooking.

*\*Cooking time and temperature may vary with equipment.*

*\*For added crispiness cook slightly longer.*

Product #	Description	Size	Pack
36533	Battered Haddock Bite	IQF 1.2 oz avg.	10 lb
0098	Battered Halibut Bite	IQF 0.5-1.5 oz	

