



Conagra Foodservice
 222 W. Merchandise Mart Plaza, Suite 1300
 Chicago, IL 60654
 TEL: 402-240-4000

Quality Attribute Sheet for: **HEALTHY CHOICE Lemon Pepper Fish Complete Meal**
12-10.7 OZ

UPC 5010021026

Ingredient Statement:

SEASONED BROWN RICE (COOKED BROWN RICE [WATER, BROWN RICE], RED BELL PEPPERS, SPINACH, MUSTARD POWDER BLEND [DRIED DIJON MUSTARD (DISTILLED VINEGAR, MUSTARD, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, SPICES), MALTODEXTRIN, MODIFIED FOOD STARCH, NATURAL FLAVOR], GARLIC POWDER, POTASSIUM SALT, SALT, NATURAL FLAVOR), BREADED LEMON PEPPER FISH (POLLOCK, ENRICHED WHEAT FLOUR [BLEACHED AND UNBLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, CANOLA OIL, SUGAR, SALT, YELLOW CORN FLOUR, DRIED GARLIC, MODIFIED CORN STARCH, DRIED ONION, WHEY, SPICES, CITRIC ACID, YEAST EXTRACT, YEAST, NATURAL FLAVORS, MALTODEXTRIN, LEMON PEEL, SOY FLOUR, SOYBEAN OIL, GUM ARABIC, GUAR GUM, ANNATTO [COLOR], SODIUM CASEINATE, SODIUM BICARBONATE, DEXTROSE, BUTTERMILK, CREAM, TURMERIC EXTRACT [COLOR], CARMEL COLOR, EXTRACTIVES OF PAPRIKA), BROCCOLI, APPLES (CITRIC ACID AND ASCORBIC ACID TO RETAIN COLOR), WATER, ALLULOSE, MODIFIED FOOD STARCH, CREAM, ACETYLATED MONOGLYCERIDES, SALT, CARMEL COLOR, NATURAL FLAVORS, STEVIA SWEETENER (STEVIOL GLYCOSIDES). CONTAINS: FISH (POLLOCK), MILK, SOY, WHEAT.

| | | |
|----------|----------|-----------------------------------|
| Allergen | Contains | Fish - pollock, Milk, Soy, Wheat, |
|----------|----------|-----------------------------------|

Nutritional Information:

| | |
|---------------------------|---------------|
| Servings per container | 1 |
| Per serving: | 1 meal (303g) |
| Calories | 280 |
| | % Daily Value |
| Total Fat, 3.5g | 4% |
| Saturated Fat, 1g | 5% |
| Trans Fat, 0g | |
| Polyunsaturated Fat, 1g | |
| Monounsaturated Fat, 1.5g | |
| Cholesterol, 25mg | 8% |
| Sodium, 510mg | 22% |
| Total Carbohydrate, 47g | 17% |
| Dietary Fiber, 5g | 18% |
| Sugars, 5g | |
| Added Sugar, 1g | 2% |
| Protein, 15g | 22% |
| Vitamin D 0mcg | 0 % |
| Calcium 40mg | 4 % |
| Iron 1.6mg | 8 % |
| Potassium 510mg | 10 % |
| Vitamin A | 0 % |
| Vitamin C | 35 % |

*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

| Product Facts | |
|---------------------------------------|--------------------------------------|
| Case Gross Weight | 10.53 lbs. |
| Case Net Weight | 8.03 lbs. |
| Case Volume | 0.66 cu ft |
| Case Dimensions (L X W X H) | 14.75 X 9.5 X 8.19 |
| Pallet Tie X High | 13X05 = 65 |
| Shelf Life | 540 Days |
| Storage Requirements | KEEP FROZEN |
| Kosher | Not a Kosher Product |
| BE Disclosure | Contains bioengineered ingredient(s) |
| Country of Origin of Finished Product | USA |

| Other GTIN # | |
|--------------|----------------|
| CS | 00050100210267 |
| EA | 00050100459871 |
| PAL | 50050100210262 |

Sue E. Holbert

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