

JCC CAMPS AT MEDFORD

NUTRITIONAL INFORMATION – FISH STICKS

PRODUCT: Dagim Sea Treats

Nutrition Facts

Serving Size: 5 sticks

Calories: 210

Calories from Fat: 100

Total Fat: 12g

Saturated Fat: 2g

Transfat: 0g

Cholesterol: 25mg

Sodium: 330mg

Total Carbohydrate: 19g

Dietary Fiber: 0g

Sugars: 1g

Protein: 8g

Ingredients: Pollock, wheat flour, water, bleached wheat flour, unbleached enriched wheat flour, (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified food starch (corn, wheat), sugar, partially hydrogenated soybean oil and or cottonseed oil, onion powder, garlic powder, salt, yeast. Autolyzed yeast, spices, sodium tripolyphosphate (to retain moisture).

Fried in cottonseed and or canola oil.

Contains Fish, wheat, soy,