



East Coast Gourmet

# Haddock Pie

*Generous portions of haddock in a delicious sauce with a rich cracker crumb topping.*

Item #	UPC	Case	Pallet
1017	880632010178	12 x 10 oz Net Weight: 7.5 lbs Gross Weight: 10 lbs Case Dim.: 15.0625" x 13.0625" x 8.625" Case Cube: .982	9 per tier / 4 tiers high 36 cases per pallet Pallet weight (gross): 360 lbs

<p><b>Nutrition Facts</b> Serv. Size: 1 pie (283 g/10 oz), Servings: 1, Amount Per Serving: <b>Calories</b> 450, Fat Cal. 200, <b>Total Fat</b> 23g (35%DV), Sat. Fat 11g (57%DV), <i>Trans Fat</i> 0g, <b>Cholest.</b> 125mg (42%DV), <b>Sodium</b> 1020mg (42%DV), <b>Total carb.</b> 32g (11%DV), Fiber 1g (6%DV), Sugars 3g, <b>Protein</b> 26g, Vitamin A (10%DV), Vitamin C (4%DV), Calcium (15%DV), Iron (6%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
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**INGREDIENTS:** SAUCE (half and half [cream, milk], fish stock [water, whitefish, salt, butter {cream, salt}, rice flour, onion powder, natural flavoring], potato, celery, onion, canola oil, cornstarch/wheat flour, white wine, sea salt, granulated garlic, spices), HADDOCK, CRUMB TOPPING (bread crumb [unbleached wheat flour, evaporated cane juice, yeast, sea salt], cracker [unbleached wheat flour, water, canola oil, cane sugar, salt, yeast, baking soda], butter [cream, salt], parmesan cheese [cow's milk, cheese culture, salt, enzymes], spices, paprika, garlic powder.

**CONTAINS:** Milk, Fish and Wheat. This product contains wine which has naturally occurring sulfites.

**COOKING INSTRUCTIONS:** Defrost pie in refrigerator. **CONVENTIONAL OVEN (RECOMMENDED):** Preheat oven to 350°F. Remove plastic wrap and place on cookie sheet in the center of the oven. Cook for 25-30 minutes at 350°F or until center is hot. **MICROWAVE:** Remove plastic wrap. Transfer pie to a microwave safe container. Cook on high for 3-5 minutes or until center is hot, stirring occasionally.

**HANDLING:** Keep Frozen.

**SHELF LIFE:** 12 months from manufacture date.



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