



UPC = 0 44400 10490 0

CACFP Credit:

1 ounce meat = 3 fish sticks

1.5 ounces meat = 5 fish sticks

2 ounces meat = 6 fish sticks

CHILD NUTRITION PRODUCT
FORMULATION SHEET

Product Name: Gorton's Super Crunchy Fish Sticks

Product Codes: 44400 104900 Size: 64 ct – 60.8 oz (3.8 lbs)

Distributed by: Gorton's, Gloucester, MA 01930

List Varieties of Fish Used in Product: Alaska Pollock

Total Weight per Stick of Uncooked Product (as purchased): 0.95 oz per stick

Weight of Raw Fish per Portion: 0.47 oz raw fish per stick

Ounces Equivalent Meat:

0.95 oz precooked breaded fish stick x 49.8% raw fish = 0.47 oz raw fish/fillet x 78 %
cooking yield = 0.37 oz equivalent meat

4 sticks (1.48 oz) = 1.25 oz equivalent meat

3 sticks (1.11 oz) = 1.0 oz equivalent meat

You may obtain future copies of this sheet from our website:

<https://www.gortons.com/child-nutrition-information/>

Jodi Blanch

Quality Assurance Manager – Regulatory

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Nutrition Facts

about 16 servings per container
Serving size 4 sticks (113g)

Amount per serving	% Daily Value*
Calories	260
Total Fat 11g	14%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 2.5g	
Cholesterol 20mg	7%
Sodium 510mg	22%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 2mg	10%
Potassium 223mg	4%

*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.

INGREDIENTS: ALASKAN POLLOCK, WHEAT FLOUR, VEGETABLE OIL (CANOLA AND/OR SOYBEAN), WATER, **LESS THAN 2% OF:** YELLOW CORN FLOUR, SUGAR, SALT, ONION POWDER, WHEY, YEAST, BAKING POWDER (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), NATURAL FLAVORING.
CONTAINS: POLLOCK, WHEAT, MILK.

