

Sea Wonders™



Discover the fun fish that catches kids.

Sea Wonders™ offer kids an exciting finger food in five playful shapes: starfish, anchor, sea horse, fish and shark. They're lightly coated with a tasty, Potato Crunchy Crumb or Honey Flavored Crumb to provide the taste kids crave in an entree or snack. And Sea Wonders are portion controlled and simple to prepare in the oven. Add this happy snack and entree item to your menu. You'll find it's the perfect lure for catching more kids.



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Sea Wonders™

Features

- Five assorted Shapes
- Versatile
- Easy preparation Methods
- Portion controlled
- CN approved

Benefits

- Mild, delicate flavor.
- Proven taste appeal for kids.
- Adds unique fun and eye appeal.
- Allows you to menu them as a children's entree, snack or fun finger food.
- Bake or Deep-fry, direct from frozen state.
- Consistent plate coverage and portion cost.
- Ideal for school lunch programs

Cooking Instructions (Cook Frozen)

1029097

Convection Oven: Place Sea Wonders in a single layer on a baking sheet with sheet pan paper. Bake in a preheated 375°F oven for 9-11 minutes.

Conventional Oven: Place Sea Wonders on a lightly oiled baking sheet. Bake in a preheated oven at 425°F for 11-13 minutes. Turn halfway through cooking.

Deep Fry: Deep fry the Sea Wonders at 350°F for 3-5 minutes.

1029099

Convection Oven: Place frozen Sea Wonders in a single layer on a lightly greased baking sheet. Bake in a preheated 350°F oven for 10-12 minutes or until done.

Conventional Oven: Cook in a preheated oven at 425°F for 10-15 minutes. Turn halfway through cooking.

Deep Fry: Deep fry the portions at 350°F for 3-5 minutes.

Product Information

Product Code	Product Description	Average Piece Wt.	C.E.P. Per Piece	Average Pieces/Carton	Pack Size
1029097	Potato Crunchy Sea Wonders™	1 oz.	.5 oz.	160	1/10 lb.
1029099	Sea Wonders™	1.1 oz.	.5 oz.	145	1/10 lb.

For more information, contact your local broker or visit our website at www.FPIk12.com.

FISHERY PRODUCTS INTERNATIONAL
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HIGH LINER FOODS™
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1029097 Sea Wonders™

Nutrition Facts

Serving Size: 4 Nuggets (113g)
Serving per Container: 40

Amount Per Serving
Calories 250 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**
Saturated Fat 1.5g **8%**
Trans Fat 0g

Cholesterol 20mg **7%**
Sodium 370mg **15%**

Total Carbohydrate 26g **9%**
Dietary Fiber 3g **12%**
Sugars 1g

Protein 15g

Vitamin A 0% Vitamin C 0%
Calcium 6% Iron 15%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2000	2500
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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1029099 Sea Wonders™

Nutrition Facts

Serving Size: 4 Nuggets (123.2g)
Serving per Container: About 36

Amount Per Serving
Calories 220 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**
Saturated Fat 2g **10%**
Trans Fat 0g

Cholesterol 35mg **12%**
Sodium 410mg **17%**

Total Carbohydrate 18mg **6%**
Dietary Fiber 2g **8%**
Sugars 3g

Protein 14g

Vitamin A 0% Vitamin C 0%
Calcium 2% Iron 2%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2000	2500
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
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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4