



Bacalao pilpil croquettes 184ct

PRODUCT OF USA

50826



FROZEN SAVORY

HORS D'OEUVRES

LATIN APPETIZER

Product Description

- Spanish Croquettes are common on bar counters and in homes across Spain, served as tapas, light lunch, or a dinner along with a salad. This recipe includes bacalao pilpil in a bechamel sauce, and then lightly breaded.

Pack and Case Specifications

Pack Net Weight

2lb

Packs per Case

4

Case Size (LxWxH)

10''x 8''x 6''

Case Cube

0.28ft3

Case Gross Weight

8.5lb

Cases per Pallet

192 (24/8)

Ingredients

Dry salted cod, whole milk, flour, margarine, egg yolk, Panko bread crumbs, garlic and salt.

Physical

Unit weight: 0.7 oz (20 g)

Nutrition

Nutrition Facts

Serv. Size 5 pcs (100g)
Servings 9

Amount Per Serving

Calories 210	
Fat Cal. 100	
Sat. Fat Cal. 40	
	% DV*
Total Fat 11g	18%
Sat Fat 4g	21%
Trans Fat 0g	
Cholest. 55mg	18%
Sodium 135mg	6%
Total Carb. 17g	6%
Fiber less than 1g	2%
Sugars 2g	
Protein 10g	

Vitamin A 10% • Vitamin C 2%
Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

Organoleptic

Allergens

CONTAINS: WHEAT, MILK, EGGS.

Cooking Directions

Deep Fry

Deep fry from frozen in hot oil for 3 to 4 minutes or until golden brown.

Certificates and Claims

Storage and Shelf Life

Store in freezer below 0°F (-18°C). Keep frozen until ready to use. Do not thaw and refreeze.

UPC code



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11 ENTERPRISE AVENUE NORTH, SECAUCUS, NJ 07094
TEL: (201) 863-2885 OR 800-B-FROZEN FAX: (201) 863-2886

WWW.WHITETOQUE.COM

