



Z02463 - ZATARAIN'S SEASONED FISH FRY 25 LB

Zatarain's® Seasoned Fish Fri delivers a flavorful coating for fish and more:

- Zatarain's Seasoned Fish Fri features a complementary blend of corn flour, premium spices and salt for unmatched flavor and consistency with a light and crispy texture.
- Zatarain's Seasoned Fish Fri is kosher.
- As the nation's leading provider of New Orleans-style foods, Zatarain's has been the authority on New Orleans flavor since 1889.
- Our 25 lb. box is the right size for conveniently and efficiently breading fish and seafood in bulk batches.
- Zatarain's Seasoned Fish Fri is the perfect all-around breading for any kind of fish, seafood or vegetable, to deliver exceptionally superior flavor and outstanding texture.
- Create signature items and give your menu a zesty twist by trying Zatarain's Seasoned Fish Fri as a coating on shellfish, oysters and eggplants.



Brand: Zatarain's®

Nutrition Facts

Serving Size 1 tbsp (13g) (13g)

Amount Per Serving

Calories 45

Calories from Fat 0

% Daily Value*

Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 450 mg	19%
Total Carbohydrate 9 g	3%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein <1 g	

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 0%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbs.		300g	375g
Dietary Fiber		25g	30g

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

Nutritional Claims: Kosher

Ingredients

Ingredients: Enriched Corn Flour (Corn Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Spices (Including Red Pepper), Natural Flavor, Monosodium Glutamate (Flavor Enhancer), Garlic, Onion & Lemon Juice Concentrate.

Case Specifications

GTIN	10071429024639	Case Gross Weight	26.22 LB
UPC		Case Net Weight	25 LB
Pack Size		Case L,W,H	15.70 IN, 13.20 IN, 6.25 IN
Shelf Life		Cube	0.75 CF
Tie x High	9 x 5		

Preparation and Cooking

Zatarain's® Seasoned Fish Fri is ready to use to bring fresh, authentic New Orleans flavor and a light, crispy texture to fish and seafood. **DEEP FRYING DIRECTIONS** 1. Fill deep fryer no more than 1/3 full with oil. Heat oil to 350°F on medium heat. 2. Pour Zatarain's Seasoned Fish Fri onto plate or into plastic bag. Use 1/2 cup Seasoned Fish Fri per 1 lb. fish. Roll or shake fish in Fish Fri until evenly coated. Discard any remaining Fish Fri mixture on plate or in plastic bag. 3. Fry fish, a few pieces at a time, in hot oil until light golden brown. Drain on paper towels. Note: For thicker coating, dip fish in 1/2 cup milk mixed with 1 lightly beaten egg, before rolling in Fish Fri. **PAN FRYING DIRECTIONS** 1. Pour 1 inch of vegetable oil into large skillet. Heat oil to 350°F on medium heat. 2. Coat and fry fish as directed above. **BAKING DIRECTIONS** 1. Brush 1 lb. fish fillets on both sides with oil. Pour Zatarain's Seasoned Fish Fri onto plate. Roll fish in Fish Fri until evenly coated. Discard any remaining Seasoned Fish Fri mixture on plate. 2. Place fish on shallow baking pan sprayed with no stick cooking spray. Spray top of fish with cooking spray. 3. Bake in preheated 450°F oven 15 minutes or until fish flakes easily with a fork.

Serving Suggestions

Zatarain's® Seasoned Fish Fri brings a flavor-packed crunch to:

- Oyster Rockefeller soup garnished with crispy bacon and fried oysters
- Fish tacos with peppers and onions
- Cajun catfish with fried pickles
- Soft shell crabs with jalapeño, creamed corn and cilantro
- Fried eggplant with Cajun-style remoulade

Packaging and Storage

Zatarain's® Seasoned Fish Fri has a shelf life of 540 days when tightly closed and stored in a cool, dry place, to protect against flavor loss and moisture. Avoid exposure to heat, humidity, direct sunlight and fluorescent light to maintain flavor and color. Always use dry measuring cups to ensure optimal product integrity.

Allergens

FREE FROM:

Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Milk or Milk Derivatives, Peanuts or Peanut Derivatives, Sesameseeds or Sesameseed Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives, Wheat or Wheat Derivatives