



# Lite N' Crunchy

## REDUCED FAT CN PRODUCTS

**NEW**

American Pride Seafoods New Lite N' Crunchy Reduced Fat Pollock products are CN approved and available in four great flavors:

- Original Seasoned Crunchy
- Chipotle
- Caribbean Jerk
- Taco



# Lite N' Crunchy

Made from Alaska Pollock - Not Minced

American Pride Seafoods introduces its' improved CN product line coated with a new and unique breaded system that cooks to a golden brown with a crispy bite. All items offer a healthier choice to put in front of students.

These Lite N' Crunchy products are Reduced Fat – WHY? Because they:

- Have not previously been par fried!!!
- Excellent source of protein
- Low saturated fat

**AT LEAST 54%  
LESS FAT  
THAN  
PRECOOKED  
STICKS**

The Result –  
Delicious, crunchy fish products with 5 grams or less of total fat!

Product Code	Portion Size	Description	Pack Size	Case Cube	Net Wt. Per Case	UPC
OVEN CRISPY, REDUCED FAT						
53063	1 oz.	Original AK Pollock Nuggets	1/10#	0.52	10#	10070737530634
53064	1 oz.	Taco Style AK Pollock Nuggets	1/10#	0.52	10#	10070737530641
53065	1 oz.	Chipotle Style AK Pollock Nuggets	1/10#	0.52	10#	10070737530658
53066	1 oz.	Caribbean Jerk Style AK Pollock Nuggets	1/10#	0.52	10#	10070737530665

## 53063

### Nutrition Facts

Serving Size 4 Nuggets (112g)  
Servings Per Container 40

Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 40
<b>%Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>7%</b>
<i>Saturated Fat</i> 0.5g	<b>3%</b>
<i>Polyunsaturated Fat</i> 1.5g	
<i>Monounsaturated Fat</i> 2g	
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
<i>Dietary Fiber</i> 0g	<b>0%</b>
<i>Sugars</i> 2g	
<b>Protein</b> 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%



## 53064

### Nutrition Facts

Serving Size 4 Nuggets (112g)  
Servings Per Container 40

Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 45
<b>%Daily Value*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
<i>Saturated Fat</i> 0.5g	<b>3%</b>
<i>Polyunsaturated Fat</i> 2g	
<i>Monounsaturated Fat</i> 2g	
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 430mg	<b>18%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
<i>Dietary Fiber</i> 0g	<b>0%</b>
<i>Sugars</i> 2g	
<b>Protein</b> 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%



## 53065

### Nutrition Facts

Serving Size 4 Nuggets (112g)  
Servings Per Container 40

Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 30
<b>%Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>5%</b>
<i>Saturated Fat</i> 0.5g	<b>3%</b>
<i>Polyunsaturated Fat</i> 1.5g	
<i>Monounsaturated Fat</i> 1.5g	
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
<i>Dietary Fiber</i> 0g	<b>0%</b>
<i>Sugars</i> 2g	
<b>Protein</b> 11g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%



## 53066

### Nutrition Facts

Serving Size 4 Nuggets (112g)  
Servings Per Container 40

Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 30
<b>%Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>5%</b>
<i>Saturated Fat</i> 0.5g	<b>3%</b>
<i>Polyunsaturated Fat</i> 1.5g	
<i>Monounsaturated Fat</i> 1.5g	
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 440mg	<b>18%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
<i>Dietary Fiber</i> 0g	<b>0%</b>
<i>Sugars</i> 2g	
<b>Protein</b> 12g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%



American Pride Seafoods  
Groundfish Division • P.O. Box 2087 • New Bedford, MA 02741  
508-997-0031 • Fax 508-991-6432  
1-800-343-8046 • [www.americanprideseafoods.com](http://www.americanprideseafoods.com)