



**zaycon**  
**FRESH**



## **Nutrition Facts**

Serving Size 3.5oz (100g)

Amount Per Serving

**Calories** 113

% Daily Values\*

<b>Total Fat</b> 1.1g	<b>2%</b>
Saturated Fat 0.2g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 96mg	<b>32%</b>
<b>Sodium</b> 116mg	<b>5%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 23.5g	<b>47%</b>

Iron 1.6%

\*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

- Delivered by the 32lb case.
- Each case contains two 16lb packages.
- Each fillet is individually wrapped and frozen, for convenience and freshness.
- Nutritional value based on cooked portion.



## **Wild Alaskan Pollock Fillets**

Zaycon Fresh is proud to offer Wild Alaskan Pollock Fillets. Sourced from the pristine waters of the Bering Sea and the Gulf of Alaska, Pollock is a tender, tasty white fish from the Cod family that any seafood aficionado will enjoy. And thanks to a reliable Pollock supply and the sustainable practices employed by the American company from whom we source this seafood, we can assure a low price you'll enjoy, too.

Alaska Pollock represents one of the world's most thriving, sustainable fisheries, meaning this is an environmentally friendly food option. The superior Single Freezing process used by our partners also means the food you receive is fresher, tastier, and more nutritious than offerings from other brands. Unlike fish that is caught, frozen, transported, thawed, then processed, re-frozen, and finally makes its way to customers, our Wild Alaskan Pollock is caught, trimmed, deboned, filleted, and flash frozen mere hours after coming out of the water. That's right, it's processed right there on the boat!

Pollock is a nutritious, delicious food that's high in protein, low in fat, and rich in healthy Omega-3 acids. The product is additive-free and never injected with water.

Simply put, if you love Cod and other great white fish, you'll love Zaycon Fresh Pollock. Whether you bake it, broil it, or use it for a perfect plate of Fish n' Chips, Wild Alaskan Pollock is always sure to satisfy. From a little lunch to a family fish fry, Wild Alaskan Pollock is perfect for making meals of any size.