



**East Coast Gourmet**

## Oysters Rockefeller

Our delicious take on this classic New Orleans recipe. East Coast wild reef oysters on the half shell topped with a decadent dressing featuring delicate panko breadcrumbs, shaved fennel, anisette, butter, cream, herbs and chopped spinach.



Item #	UPC	Case	Pallet
0014	88063200914 1	24 x 3 oz Net Weight: 4.5 lbs Gross Weight: 8 lbs Case Dimensions: 16" x 9.25" x 4" Case Cube: .34	10 per tier / 20 tiers high 200 cases per pallet Pallet weight (gross): 1600 lbs

**INGREDIENTS:** WILD REEF OYSTERS, ROCKEFELLER DRESSING (SPINACH, BUTTER [CREAM, SALT], GREEN ONIONS, FENNEL, PANKO BREAD CRUMBS [UNBLEACHED WHEAT FLOUR, EVAPORATED CANE JUICE, YEAST, SEA SALT], ALFREDO SAUCE [MILK, CREAM, PARMESAN CHEESE {PASTERIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES}], BUTTER, MODIFIED FOOD STARCH, SPICES), ANNISLETTE, PARMESAN CHEESE, PARSLEY, CELERY, GARLIC, SPICES, PEPPER.

**CONTAINS:** SHELLFISH, WHEAT & MILK.

**COOKING INSTRUCTIONS:** Thaw in refrigerator. Preheat oven to 350°F. Place in oven-safe dish and bake for 15 minutes.

**SHELF LIFE:** 12 months from manufacture date, frozen. Once thawed, product may be kept refrigerated for up to 5 days.

**HANDLING:** Keep frozen. Thaw under refrigeration.

### Nutrition Facts

Serving Size 2 pieces (125g)  
Servings Per Container 3

**Amount Per Serving**

**Calories** 200 Calories from Fat 110

**% Daily Value \***

**Total Fat** 13g **20%**

Saturated Fat 8g **40%**

Trans Fat 0g

**Cholesterol** 55mg **18%**

**Sodium** 370mg **15%**

**Total Carbohydrate** 13g **4%**

Dietary Fiber 2g **7%**

Sugars 3g

**Protein** 7g

Vitamin A 80% • Vitamin C 25%

Calcium 15% • Iron 20%

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



Plenus Group, Inc.

101 Phoenix Ave., Lowell, MA 01852 / Tel: 978 970 3832 / Fax: 978 441 2528

[www.pgifoods.com](http://www.pgifoods.com) / email: sales@plenus-group.com