Fish Base

Gluten-Free No Added MSG*

Product Description

A paste base made from pollack and natural seasonings. RC Fish Base is gluten-free and contains no added monosodium glutamate. Prepared, this base has the pleasant flavor and aroma characteristic of a fish stock. Made in the USA.

Product Usage

Prepare an instant fish stock by dissolving product in water. A soup base makes an excellent foundation for creating or seasoning stocks and sauces. Use prepared stock to create home-style bisques, soups and chowders, to enhance pasta dishes, or to season poaching liquid. Contact RC Fine Foods for recipe ideas or suggested uses.

Packaging Sizes and Product Yield

Packaged in BPA/Phthalate-free HDPE jars. Each container has a lot code and "Best If Used By" date.
Product Number: 13253
Pack Size: 6/1 lb jars
Yields: 5 gallons/pound

Storage Conditions and Shelf Life

Storage: Refrigerate upon receipt
Shelf Life: 9 months

Ingredient Statement

Fish (pollack), salt, sugar, yeast extract, potato flour, maltodextrin, onion powder, food starch-modified, garlic powder, fish extract (bonito), spices, disodium inosinate, and disodium guanylate.
Allergens: Fish (Pollack, Bonito).
Contains a bioengineered ingredient.

Nutritional Information

Product Prepared with: Water

	Prepared	Per 100 grams (base)
Weight or Serving Size	¾ tsp (6 g) – 1 cup	100 g
Calories	10	164
Total Fat	0 g	0.4 g
Saturated Fat	0 g	0.1 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	22.5 mg
Sodium	730 mg	12,820 mg
Total Carbohydrates	2 g	30.4 g
Dietary Fiber	0 g	0.5 g
Total Sugars	1 g	17.5 g
Added Sugars	1 g	17.2 g
Protein	1 g	9.7 g
Vitamin D	0 mcg	0.3 mcg
Calcium	2 mg	35.2 mg
Iron	0 mg	0.7 mg
Potassium	18 mg	318 mg

For Percentages of Daily Values, please refer to RC Nutritional Information Formats.

*Contains no added MSG except for that which is naturally occurring.

For Additional Product Information or Recipe Ideas contact:
RC Fine Foods • P.O. Box 236 • Belle Mead, NJ 08502
1-800-526-3953 • Fax 1-908-359-6957 • www.rcfinefoods.com

Revision Date: 09/22/2025 v.970813