



# High Liner Foodservice, 4.54 kg / 10 lb, English Style Battered Pollock Fillets

High Liner Foodservice English Style Battered Pollock Fillets feature moist, flaky wild caught Alaska Pollock coated in a light, crispy English-style batter. Each fillet easily deep-fries to a scrumptious golden outer crust, perfectly preserving our premium Pollock's unique flavour and moist, flaky texture inside. These natural looking fillets make an excellent budget-friendly menu option with exceptional plate coverage and higher-end appeal.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container  
**Serving Size** Per 1 fillet (93 g)

**Amount Per Serving**  
**Calories** **200**

	% Daily Value*
<b>Total Fat</b> 12 g	<b>16%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 30 mg	<b>%</b>
<b>Sodium</b> 450 mg	<b>20%</b>
<b>Total Carbohydrates</b> 14 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>

<b>Protein</b> 10 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 1 mg	6%
Potassium 175 mg	4%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Specifications :		
Code	GTIN	Type Of Catch
1089732	00059111897320	

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.94 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
37.3 CMT	27.5 CMT	14.8 CMT	0.0152 MTQ	11x11	540 Days	

Ingredients :
Pollock, Water, Canola oil, Flour (wheat, corn), Toasted wheat crumbs, Modified corn starch, Wheat starch, Salt, Sugars (maltodextrin, dextrin, dextrose), Soy protein, Modified palm oil, Baking powder, Flavour, Modified cellulose, Seasonings (yeast extract, spices), Guar flour, Annatto. Contains: Pollock (fish), Wheat, Soy, Milk.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

### Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. DEEP FRY: IMMERSE FROZEN FILLETS IN PREHEATED 350°F/180°C OIL FOR ABOUT 4-6 MIN OR UNTIL GOLDEN BROWN. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE GUIDELINES ONLY. COOK UNTIL A MINIMUM INTERNAL TEMPERATURE OF 158°F/70°C IS REACHED.

### Serving Suggestions:

Try these English Style Fillets with chili and garlic charred broccoli. Serve with a side of tartar sauce.

### Species / Scientific Name:

### Claims & Child Nutrition:

BAP Certified:  
MSC Certified: Yes  
Has CN Statement: No  
CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)  
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