



10 Lb (4.54 kg) Oven Ready Crunchy Breaded Pollock Portions 4 oz, Kosher

High Liner Foodservice Oven Ready Crunchy Breaded Pollock Portions provide a quick and simple way to bring great tasting seafood into your kitchen. They are made with a mild & tender white fish and then coated with a crispy-crumb coating that cooks to a golden brown perfection.

Product Last Saved Date: 01 July 2025



Nutrition Facts

40 Servings per container

Serving Size 1 Portion (112g)

Amount Per Serving

Calories 230

% Daily Value*

| | |
|---------------------------------|------------|
| Total Fat 9 g | 12% |
| Saturated Fat 1.5 g | 7% |
| Trans Fat 0 g | |
| Cholesterol 40 mg | 13% |
| Sodium 560 mg | 24% |
| Total Carbohydrates 22 g | 8% |
| Dietary Fiber 1 g | 2% |
| Total Sugars 1 g | |
| Includes 0 g Added Sugars | 0% |
| Protein 14 g | |
| Vitamin D 1.2 mcg | 6% |
| Calcium 0 mg | 0% |
| Iron 1.5 mg | 8% |
| Potassium 240 mg | 6% |

* 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 |
|-------|----------------|---------------|
| 78142 | 10028641781420 | WILD |

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

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|--------|-------------|
| 11 LBR | 10 LBR | N/A | Yes | No |

| Shipping Information | | | | | | |
|----------------------|------------|-----------|------------|-------|------------|----------------------|
| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
| 15.8125 INH | 7.8125 INH | 8.625 INH | 0.6166 FTQ | 15x5 | 547 Days | -10 FAH / 0 FAH |

Ingredients :

POLLOCK, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), CONTAINS 2% OR LESS OF: ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NATURAL FLAVORS, YELLOW CORN FLOUR, YEAST, SALT, BLEACHED WHEAT FLOUR, SUGAR, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), DEXTROSE, PAPRIKA EXTRACT (COLOR), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (POLLOCK), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

| | | |
|-------------|----------------|--------------|
| Eggs - N | Milk - N | Soy - N |
| Fish - C | Wheat - C | TreeNuts - N |
| Peanuts - N | Crustacean - N | Sesame - N |

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: CONVECTION OVEN: Place frozen portions on baking sheet in a preheated 375°F oven for approximately 15 minutes. CONVENTIONAL OVEN: Place frozen portions on baking sheet in a preheated 425°F oven for approximately 20 minutes. COOK TO AN INTERNAL TEMPERATURE OF 165°F.

Serving Suggestions:

Ideal as a baked, broiled, or breaded center of the plate entrée, a fish sandwich, or to add depth to salads. Pairs well with the complementary sauce and side of your choosing.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

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

