



1/10 LB 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: 04 April 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:

