



# 10 Lb (4.54 kg) Oven Ready Whole Grain Breaded Fish Sandwich Portions 4 oz

Classic Whole Grain Fish Sandwich portions are a great choice for sandwich applications in high-volume, fast-paced environments. Portioned from wild caught Cod, these delicious squares deliver quality protein, classic fish taste, and a specially seasoned crispy breading guests will find hard to resist. Each is ready to cook from frozen, and ready to please in minutes with excellent plate consistency and appeal.

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\***

<b>Total Fat</b> 10 g	<b>13%</b>
Saturated Fat 1.5 g	<b>8%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 35 mg	<b>12%</b>
<b>Sodium</b> 650 mg	<b>28%</b>
<b>Total Carbohydrates</b> 21 g	<b>8%</b>
Dietary Fiber 3 g	<b>10%</b>
Total Sugars 1 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 15 g	
Vitamin D 1 mcg	6%
Calcium 30 mg	2%
Iron 1.6 mg	10%
Potassium 350 mg	8%

\* 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
10020622	00079149206222	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	Undeclared	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	540 Days	-10 FAH / 0 FAH

### Ingredients :

SEAFOOD MIX: [POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)], WATER, SOY FLOUR, SALT, SODIUM PHOSPHATE, MALTODEXTRIN, DEXTROSE, AUTOLYZED YEAST, NATURAL FLAVOR]; BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: WHOLE YELLOW CORN MEAL, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YELLOW CORN FLOUR, WHITE CORN FLOUR, SUGAR, SALT, YEAST, TORULA YEAST, HYDROLYZED SOY PROTEIN, GARLIC POWDER, ONION POWDER, SPICES, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), DEXTROSE, NATURAL FLAVOR. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, SOY

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

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

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

### Species / Scientific Name:

Pollock - Gadus chalcogrammus

### Serving Suggestions:

Perfect as an entrée or sandwich with a vegetable and starch side or on a salad. Ideal as well as a healthier breaded option

### Claims & Child Nutrition:

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

