



## 1/10 LB Battered Pollock Fillets Approx. 8 oz

It doesn't get any bigger or better than High Liner Foods Big Bob's® Battered Pollock Fillets. Here, larger-than-life, wild caught portions are dipped in comfort food quality, specially seasoned batter for the ultimate "wow" factor in flavor, plate coverage, consistency, and appeal. Incredibly simple to prepare, each ready-to-cook fillet easily fries or bakes to golden perfection to more than please your heartiest of appetites.

Product Last Saved Date: 02 December 2024



## Nutrition Facts

20 Servings per container

**Serving Size 8 oz (224g/About 1 Fillet)**

Amount Per Serving

**Calories 430**

% Daily Value\*

**Total Fat 20 g 26%**

Saturated Fat 3 g **16%**

Trans Fat 0 g

**Cholesterol 90 mg 30%**

**Sodium 750 mg 33%**

**Total Carbohydrates 33 g 12%**

Dietary Fiber 1 g **3%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein 29 g**

Vitamin D 2.7 mcg 15%

Calcium 30 mg 2%

Iron 2 mg 10%

Potassium 530 mg 10%

\* 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
10023828	00079149238285	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10.0 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 :

POLLOCK, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, ONION POWDER, SALT, SPICE, YEAST EXTRACT, GARLIC POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR (MALTODEXTRIN, INACTIVE YEAST, NATURAL AND ARTIFICIAL FLAVOR), YELLOW 5, YELLOW 6. 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: TO DEEP FRY: Preheat fryer to 350°F and fry for 7-9 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 18-22 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 25-27 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

### Serving Suggestions:

These Big Bob's® Pollock Fillets make the perfect hearty appetite-pleasing entrée. They also make a "wow" specialty sandwich, sizable fish taco, and even add depth to entrée salads. These fillets pair well with a variety of complementary sauces and sides.

### Species / Scientific Name:

Pollock - Gadus chalcogrammus

### Claims & Child Nutrition:

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

