

10 Lb (4.54 kg) 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: 01 October 2026

HIGH LINER FOODSERVICE™

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	**15%**
Trans Fat 0 g	
Cholesterol 90 mg	**30%**
Sodium 740 mg	**32%**
Total Carbohydrates 34 g	**12%**
Dietary Fiber 1 g	**4%**
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 540 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 Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	

Shipping Information

Length	Width	Height	Volume	TIxHI	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 BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, SALT, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVORS, GARLIC POWDER, SPICES, ONION POWDER, PAPRIKA (COLOR), TURMERIC (COLOR), YEAST. CONTAINS: POLLOCK (FISH), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

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

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 158°F MINIMUM.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

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.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:


KEEP FROZEN





