

# 1/10 LB Parfried Beer Flavored Battered Alaska Pollock Portions 3 oz, MSC

High Liner Foods Battered Alaska Pollock Portions are cut from wild caught Alaska Pollock, these tender fillets bake or deep fry in no time to golden crunchy, flaky fish perfection, with the consistency and irresistible plate coverage you demand. This menu favorite is the epitome of what battered seafood should be.

Product Last Saved Date: 02 December 2024



## Nutrition Facts

53 Servings per container

**Serving Size 1 piece (84g / 3oz)**

Amount Per Serving

**Calories 160**

% Daily Value\*

**Total Fat 7 g 9%**

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

**Cholesterol 30 mg 10%**

**Sodium 310 mg 13%**

**Total Carbohydrates 13 g 5%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein 10 g**

Vitamin D 0.9 mcg 4%

Calcium 10 mg 0%

Iron 0.5 mg 2%

Potassium 190 mg 4%

\* 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
06963	00074638069630	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.663 LBR	10 LBR	N/A	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.697 INH	7.697 INH	7.394 INH	0.5170 FTQ	15x5	547 Days	-10 FAH / 0 FAH

### Ingredients :

ALASKA POLLOCK, WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), WHEAT FLOUR, YELLOW CORN FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF THE FOLLOWING: MODIFIED CORN STARCH, SALT, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), BREWERS YEAST, SPICES, NATURAL FLAVORS. 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 5-7 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-14 minutes. CONVENTIONAL OVEN: Preheat oven to 450°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Serving Suggestions:

These Battered Alaska Pollock Portions are excellent for Fish and Chip dinners, or as an entrée served with any combination of potato or rice, and vegetables. Also ideal as a basket or specialty fish sandwich with a side of fries and coleslaw paired with traditional or signature seafood sauces. Battered Alaska Pollock Portions work perfectly as a basket, on a seafood platter or on a sandwich with a side of fries and cole slaw, but also as an entrée or to add zing to a fresh salad. Pairs extremely well with a variety of complementary sauces.

### Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

### Claims & Child Nutrition:

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

