

10 Lb (4.54 kg) Fully Cooked Panko Breaded Pollock Strip, Approx. 1 oz, MSC

Experience the perfect balance of flavor and crunch with our Panko Breaded Pollock Strips, expertly crafted with fresh, high-quality panko breading. Fully cooked for your convenience, these strips bring unbeatable versatility to your menu. Whether you're serving up crispy fish tacos, a classic Fish & Chips, or a variety of other crowd-pleasers, these golden-brown strips provide an irresistible crunch and a flaky, tender fish center.

Product Last Saved Date: 28 October 2025

Brand



FOODSERVICE™

GPC Description

Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / About 4 Piece

Amount Per Serving Calories	280
	% Daily Value*
Total Fat 14 g	18%
Saturated Fat 2.5 g	13%
Trans Fat 0 g	
Cholesterol 35 mg	12%
Sodium 560 mg	24%
Total Carbohydrates 22 g	8%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

* 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			
12300359 S	10035493003594	WILD			

	Pro-				
High Liner Fo	Fish - Prepared/Processed (Frozen)				

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

Shipping Information							
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To	
15.63 INH	9.61 INH	6.3 INH	0.601 FTQ	10x6	547 Days	-10 FAH / 0 FAH	

Ingredients:

15%

6% 4% POLLOCK, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, TAPIOCA STARCH, GARLIC POWDER, YEAST, CORN FLOUR, SUGAR, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), GUAR GUM, YEAST EXTRACT. CONTAINS: POLLOCK (FISH), 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:

HEATING INSTRUCTIONS: HEAT FROM FROZEN TO BAKE: Place strips on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 425°F and bake for 6-8 minutes, flipping halfway. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 8-10 minutes, flipping halfway. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE A GUIDELINE ONLY.

Serving Suggestions:

Protein 16 g

Vitamin D 0 mcg
Calcium 177 mg

Iron 1 mg

Serve golden, panko-breaded Pollock strips with a side of crispy, seasoned French fries for the perfect crunch. Paired with creamy tartar sauce and a zesty lemon wedge, this dish combines timeless flavors with an elevated presentation.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes
Has CN Statement: No

CN Statement: