

# 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: 24 February 2026



## Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / About 4 Pieces)

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%**

**Protein** 16 g

Vitamin D 0 mcg **0%**

Calcium 177 mg **15%**

Iron 1 mg **6%**

Potassium 208 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
12300359	10035493003594	WILD

Brand	GPC Description
High Liner Foodservice	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	TlxHI	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 :

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' 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:

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:

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:



Information subject to change without notice at the discretion of High Liner Foods (USA)  
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