



## High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Alaskan Pollock Fillets, approx. 106-177 g / 4-6 oz

Wild caught in the North Pacific, these IQF Pollock Fillets offer great value and versatility for a variety of applications. Each fillet is portioned for easy prep to the cooking method of your choice, and cook to tender, flaky perfection in no time, and offer excellent plate consistency and appeal no matter what you have in store. MSC Certified.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container  
**Serving Size Per about 1 fillet (142 g)**

**Amount Per Serving**  
**Calories** **70**

	% Daily Value*
<b>Total Fat</b> 0.5 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 60 mg	<b>%</b>
<b>Sodium</b> 340 mg	<b>15%</b>
<b>Total Carbohydrates</b> 0 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>

<b>Protein</b> 16 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 0.3 mg	2%
Potassium 200 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
1002978	10035493029785	

Brand	GPC Description
High Liner Foodservice	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.319 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37.2 CMT	25 CMT	12.6 CMT	0.0117 MTQ	11x13	540 Days	

Ingredients :
Alaskan pollock, Water, Sodium phosphate (to retain moisture). Contains: Alaskan pollock (fish).

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

### Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FOR BEST RESULTS cook from frozen. Cook until a minimum internal temperature of 158°F (70°C) is reached. TO THAW place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

### Species / Scientific Name:

### Serving Suggestions:

High Liner Alaskan Pollock Fillets may be grilled, baked, poached, broiled, battered and deep-fried offering maximum menu versatility.

### Claims & Child Nutrition:

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

