

633817 - 1/10 Lb Oven Ready Crunchy Breaded Fish Rectangles 3...

High Liner Foodservice Breaded Alaska Pollock Rectangles are ready to cook and please kids to adults of all ages. Made from premium wild caught Pollock, each rectangle is coated with kid-friendly signature seasoned breading, and bakes in minutes from frozen to ensure a delicious crunch with tender flaky fish in every bite. An excellent choice for Child Nutrition-approved applic...



MARKETING



PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
1089146	633817	10035493891467	44 x 3.6 OZ

Brand	Brand Owner	GPC Description
High Liner Foodservice	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11 LBR	10 LBR	No	United States	Undeclared	Yes

Shipping						
Length	Width	Height	Volume	Tlx/HL	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

HANDLING SUGGESTIONS



Keep Frozen

SERVING SUGGESTIONS



Ideal as an entrée for school lunch, healthcare or senior living center dining. Pairs well with a variety of sides and traditional or signature sauces.

PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions 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 20-25 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

Nutrition Facts

44 Servings per container

Serving Size 1 Piece (101g / 3.6oz)

Amount Per Serving

Calories **190**

% Daily Value*

Total Fat 8 g **10%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 45 mg **15%**

Sodium 280 mg **12%**

Total Carbohydrates 15 g **5%**

Dietary Fiber 0 g **0%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

Protein 14 g

Vitamin D 1 mcg 6%

Calcium 13 mg 2%

Iron 1 mg 6%

Potassium 263 mg 6%

* 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.

INGREDIENTS



71.3% POLLOCK, 28.7% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, MODIFIED CORN STARCH, YELLOW CORN FLOUR, SUGAR, SALT, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), SOY FLOUR, DEXTROSE, YEAST, NATURAL FLAVOR, WHEY, CELLULOSE GUM, EGGS. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: POLLOCK (FISH), WHEAT, SOY, MILK, EGGS

ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

Milk - C Peanuts - N

Eggs - C Tree - N

Soybean - C Fish - C

Wheat - C Shellfish - NI

Sesame - N Crustaceans - N

MORE INFORMATION



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NUTRITIONAL ANALYSIS



Calories	190
Protein	14 g
Total Carbohydrates	15 g
Sugars	1 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	8 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	45 mg
Vitamin D	1 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	280 mg
Calcium	13 mg
Iron	1 mg
Potassium	263 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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