

High Liner Foodservice

633817 - 10 Lb (4.54 kg) Oven Ready Crunchy Breaded Fish Recta...

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	TlxHI	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
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
TRACEABILITY_REGULATION	FSMA204	TRUE	N/A			

HANDLING SUGGESTIONS

Keep Frozen

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

Eggs - C

Soybean - C

Wheat - C

Sesame - N
- Peanuts - N

Tree - N

Fish - C

Shellfish - NI

Crustaceans - N

Nutrition Facts

44 Servings per container

Serving Size1 Piece (101g / 3.6oz)

Amount Per Serving

Calories190

% Daily Value*

Total Fat8 g10%

Saturated Fat1 g5%

Trans Fat0 g

Cholesterol45 mg15%

Sodium280 mg12%

Total Carbohydrates15 g5%

Dietary Fiber0 g0%

Total Sugars1 g

Includes 0 g Added Sugars0%

Protein14 g

Vitamin D1 mcg6%

Calcium13 mg2%

Iron1 mg6%

Potassium263 mg6%

* 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

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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.

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.

MORE INFORMATION

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

FISH	CONTAINS
MILK	CONTAINS

WHEAT	CONTAINS
EGGS	CONTAINS

SOY	CONTAINS
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MORE IMAGES



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