633761 - 1/20 LB Oven Ready Whole Grain Golden Crunchy Breaded...

High Liner Whole Grain Golden Crunchy Pollock Nuggets are a step up in the fish nugget category with tasty whole grain breading. Made from wild caught Alaska Pollock, these crispy-fun, deliciously tender fish nuggets have an appeal kids and adults will find hard to resist. Each is oven-ready, and bakes from frozen to golden crunchy perfection in minutes to enhance a variety of ...

HIGH LINER
FOODSERVICE™

MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
1089301	633761	10035493893010	4/5 LB

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
22 LBR	20 LBR	No	United States	Undeclared	Yes

Shipping

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.8125 INH	9.8125 INH	12.125 INH	1.0887 FTQ	12x3	547 Days	-10 FAH / 0 FAH

Nutrition Facts

80 Servings per container

Serving Size	4 Nuggets (112g)

Amount Per Serving

Calories **230**

% Daily Value*

Total Fat 9 g	**11%**
Saturated Fat 1.5 g	**7%**
Trans Fat 0 g	
Cholesterol 45 mg	**15%**
Sodium 330 mg	**14%**
Total Carbohydrates 23 g	**8%**
Dietary Fiber 2 g	**7%**
Total Sugars 1 g	
Includes 1 g Added Sugars	**1%**
Protein 16 g	

Vitamin D 1.3 mcg	6%
Calcium 0 mg	0%
Iron 1.5 mg	8%
Potassium 320 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.

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 - N
- Soy - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - C
- Shellfish - NI

SERVING SUGGESTIONS

Excellent for school lunch, or as a healthier breaded option for healthcare and senior living center dining paired with your favorite complementary sides and dipping sauce.

INGREDIENTS

64.2% ALASKA POLLOCK; 35.8% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), DEHYDRATED ONION. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, MILK

HANDLING SUGGESTIONS

Keep Frozen

PREPARATION & COOKING SUGGESTIONS

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 11-13 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

MORE INFORMATION

Website : www.highlinerfoods.com

High Liner Foodservice

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NUTRITIONAL ANALYSIS

Calories	230		Total Fat	9 g		Sodium	330 mg
Protein	16 g		Trans Fat	0 g		Calcium	0 mg
Total Carbohydrates	23 g		Saturated Fat	1.5 g		Iron	1.5 mg
Sugars	1 g		Added Sugars	1 g		Potassium	320 mg
Dietary Fiber	2 g		Polyunsaturated Fat			Zinc	
Lactose			Monounsaturated Fat			Phosphorus	
Sucrose			Cholesterol	45 mg			
Vitamin A (IU)			Vitamin D	1.3 mcg		Thiamin	
Vitamin A (RE)			Vitamin E			Niacin	
Vitamin C			Folate			Riboflavin	
Magnesium			Vitamin B-6			Vitamin B-12	
Monosodium			Sulphites			Nitrates	

NUTRITIONAL CLAIMS

MORE IMAGES