



10.35 Lb (4.69 kg) Oven Ready Whole Grain Breaded Alaska Pollock Fillet Portions 3.6 oz, CN, MSC

High Liner Whole Grain Breaded Alaska Pollock Fillet Portions are a delicious option that align with USDA regulations for whole grain. These premium wild caught portions are coated with a specially seasoned breading for a crunchy, tender flaky fish fillet that enhances a variety of Child Nutrition-approved applications. Each oven-ready fillet cooks to crispy perfection in minutes with a can't-resist appeal kids and adults of all ages will appreciate.

Product Last Saved Date: 07 January 2026

Nutrition Facts

46 Servings per container

Serving Size 1 Portion (101g)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 8 g 10%

Saturated Fat 1.5 g 6%

Trans Fat 0 g

Cholesterol 45 mg 15%

Sodium 260 mg 11%

Total Carbohydrates 16 g 6%

Dietary Fiber 1 g 5%

Total Sugars 1 g

Includes 0 g Added Sugars 0%

Protein 15 g

Vitamin D 1.3 mcg 6%

Calcium 0 mg 0%

Iron 1.1 mg 6%

Potassium 290 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.

Product Specifications :

Code	GTIN	Type Of Catch
1089271	10035493892716	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.385 LBR	10.35 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	547 Days	-10 FAH / 0 FAH

Ingredients :

71.3% ALASKA POLLOCK; 28.7% 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, CONTAINS 2% OR LESS OF: WHOLE YELLOW CORN MEAL, 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

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - 30	Milk - C	Soy - 30
Fish - C	Wheat - C	TreeNuts - 30
Peanuts - 30	Crustacean - 30	Sesame - 30

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes. CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Perfect to use for K-12 and child nutrition meals as the center of the plate, paired with a side of fruit and veggies.

Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:

