

# 10 Lb (4.54 kg) Fully Cooked Panko Breaded Pollock Square, Approx. 3.5 oz, MSC

Made with only the finest, premium panko breading, our fully cooked Pollock Square is your shortcut to creating the perfect Fish Burger every time. Enjoy the irresistible crunch of deep-fried, crispy coating and tender, flaky fish.

Product Last Saved Date: 24 February 2026



## Nutrition Facts

41 Servings per container

Serving Size 3.5 oz (98g / About 1 Piece) (99g)

Amount Per Serving

**Calories 210**

% Daily Value\*

**Total Fat** 11 g **14%**

Saturated Fat 2 g **10%**

Trans Fat 0 g

**Cholesterol** 55 mg **18%**

**Sodium** 310 mg **13%**

**Total Carbohydrates** 14 g **5%**

Dietary Fiber 1 g **4%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 14 g

Vitamin D 2 mcg 10%

Calcium 42 mg 4%

Iron 1 mg 6%

Potassium 160 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
12300356	10035493003563	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.98 LBR	10 LBR	N/A	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.63 INH	9.61 INH	6.3 INH	0.601 FTQ	10x6	547 Days	-10 FAH / 0 FAH

### Ingredients :

POLLOCK, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), WATER, CONTAINS LESS THAN 2% OF THE FOLLOWING: MODIFIED FOOD STARCH, SALT, TAPIOCA STARCH, GARLIC POWDER, YEAST, CORN FLOUR, SUGAR, GUAR GUM, YEAST EXTRACT. CONTAINS: POLLOCK (FISH), WHEAT

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

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

### Prep & Cooking Suggestions:

HEATING INSTRUCTIONS: HEAT FROM FROZEN TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 425°F and bake for 10-12 minutes, flipping halfway. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 16-18 minutes, flipping halfway. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE A GUIDELINE ONLY.

### Serving Suggestions:

Create the ultimate Fish Sandwich by pairing with crisp iceberg lettuce, delicate cucumber ribbons, and tender baby spinach for a refreshing and light bite. The addition of scratch-prepped pickled red onions brings a tangy contrast, while a generous topping of zesty lemon dill aioli enhances the flavors with a bright, citrusy kick.

### Species / Scientific Name:

Pollock - Gadus chalcogrammus

### Claims & Child Nutrition:

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



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Printed on 9 March 2026  
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