



High Liner Foodservice Signature, 4.54 kg / 10 lb, Individually Quick Frozen Alaskan Pollock Loins, approx. 85 g / 3 oz

High Liner IQF Alaskan Pollock Loins are cut from the tenderloin of the fillet and are perfect for any menu. When cooked they are lean and moist, firm and white with a nice flake. High Liner IQF Alaskan Pollock Loins may be grilled, baked, poached, broiled, battered and deep-fried offering maximum menu versatility.

Product Last Saved Date: 13 June 2025



Nutrition Facts

Servings per container
Serving Size Per about 1 loin (85 g)

Amount Per Serving
Calories 60

	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 50 mg	%
Sodium 135 mg	6%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%

Protein 15 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 0.2 mg	1%
Potassium 300 mg	9%

* 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
8767	10061763087674	

Brand	GPC Description
High Liner Foodservice	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.22 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
33.7 CMT	24 CMT	15 CMT	0.0121 MTQ	14x12	540 Days	

Ingredients :

Pollock. Contains: Pollock (fish).

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FOR BEST RESULTS, cook from frozen. Cook until a minimum internal temperature of 158°F (70°C) is reached. TO THAW, place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

Species / Scientific Name:

Serving Suggestions:

Sauté with Asian rice and vegetables. Use a mild curry or soy sauce to change up the flavour.

Claims & Child Nutrition:

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

