



1/10 Lb Salt & Pepper Wild Alaska Pollock Fries 0.36oz, MSC

With High Liner Foodservice Wild Alaska Pollock Fries, seafood has never been such a joy to eat. Here, premium wild caught Alaska Pollock is perfectly finger-food portioned and coated with a savory salt and pepper seasoned breading. The result is a crunchy-to-flaky-fish bite that's hard to stop eating. Each goes from frozen to fryer to irresistibly golden crispy perfection in under 3 minutes. An utterly unique snack item your patrons will want again and again. And again.

Product Last Saved Date: 08 May 2025



Nutrition Facts

41 Servings per container
Serving Size 11 Fish Fries

Amount Per Serving
Calories 260

% Daily Value*	
Total Fat 12 g	16%
Saturated Fat 1.5 g	9%
Trans Fat 0 g	
Cholesterol 25 mg	9%
Sodium 570 mg	25%
Total Carbohydrates 29 g	10%
Dietary Fiber 1 g	3%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 9 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 1.2 mg	6%
Potassium 280 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
1081396	10073538813968	WILD

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

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	9.8125 INH	0.7015 FTQ	15x4	547 Days	-10 FAH / 0 FAH

Ingredients :

WILD ALASKA POLLOCK, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), WATER, MODIFIED CORN STARCH, POTATOES, CONTAINS 2% OR LESS OF: SALT, GUAR GUM, YELLOW CORN FLOUR, DEXTROSE, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YEAST, BLACK PEPPER, ONION POWDER, GARLIC POWDER. CONTAINS: FISH (POLLOCK), WHEAT

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: PREHEAT FRYER TO 350°F AND FRY FOR 2 - 2.5 MINUTES. NOTE: SINCE APPLIANCES VARY, BE SURE TO COOK TO A MINIMUM INTERNAL TEMPERATURE OF 155°F BEFORE ENJOYING! MICROWAVE COOKING NOT RECOMMENDED.

Serving Suggestions:

These Salt & Pepper Pollock Fries are a natural as a snack item and for raising the bar in the appetizer category. Serve with traditional cocktail sauces or your own special sauce recipe.

Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

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

