



High Liner Foodservice Signature, 4.54 kg / 10 lb, Battered Pollock Fillets, approx. 102 - 144 g / 4 - 5 oz

High Liner Foodservice Signature Battered Pollock Fillets feature a specially seasoned, crispy golden batter that perfectly seals in the moist, slightly mild-tasting, wild caught Pollock inside. This produces an irresistible combination of crunchy-flavourful outer crust and moist, flaky fish, with true homestyle appearance and excellent plate coverage. With virtually no prep required, these Battered Pollock Fillets easily deep fry from frozen to mouth-watering perfection in a mere 6 to 7 minutes.

Product Last Saved Date: 17 February 2025



HIGH LINER
FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (123 g)

Amount Per Serving

Calories 250

% Daily Value*

Total Fat 12 g **16%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 35 mg **%**

Sodium 500 mg **22%**

Total Carbohydrates 25 g **%**

Dietary Fiber 1 g **4%**

Total Sugars 1 g

Includes Added Sugars **%**

Protein 12 g

Vitamin D **%**

Calcium 20 mg **2%**

Iron 1.25 mg **7%**

Potassium 225 mg **5%**

* 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 |
|---------|----------------|---------------|
| 1086714 | 00059111867149 | |

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

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 5.08 KGM | | | Undeclared | No |

| Shipping Information | | | | | | |
|----------------------|----------|----------|-----------|-------|------------|----------------------|
| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
| 39.5 CMT | 26.2 CMT | 15.5 CMT | 0.016 MTQ | 10x11 | 540 Days | -25 CEL / -18 CEL |

Ingredients :

Pollock, Water, Flour (wheat, corn, soy), Canola oil, Toasted wheat crumbs, Modified corn starch, Sugar, Baking powder, Seasonings (spices, hydrolyzed corn protein, disodium inosinate, disodium guanylate), Sodium phosphate (to retain moisture), Dried egg-white, Salt, Modified cellulose, Guar flour. Contains: Pollock (fish), Wheat, Soy, Mustard, Eggs.

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. DEEP FRY: IMMERS FROZEN FILLETS IN PREHEATED 350°F/180°C OIL FOR ABOUT 6-7 MIN OR UNTIL GOLDEN BROWN. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE GUIDELINES ONLY. COOK UNTIL A MINIMUM INTERNAL TEMPERATURE OF 158°F/70°C IS REACHED.

Serving Suggestions:

These deliciously battered Pollock fillets make the simplest of dishes something special. From centre-of-the plate to sandwiches and, of course, Fish and Chips. They're always excellent served with coleslaw and a side of hand-cut fries.

Species / Scientific Name:

Claims & Child Nutrition:

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



Information subject to change without notice at the discretion of High Liner Foods (USA)
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