



## 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: 04 June 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	

Shipping Information						
Length	Width	Height	Volume	TixHI	Shelf Life	Storage Temp From/To
39.5 CMT	26.2 CMT	15.5 CMT	0.016 MTQ	10x11	540 Days	

### 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' INI='Intentionally nor Inherently Included'):

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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