

## 4/10 LB IQF Pollock Fillets 4 - 6 oz

High Liner IQF Pollock Fillets offer a superb value for any recipe from scratch. Each boneless, skinless fillet is ideally portioned, making preparing the perfect Pollock entrée easy, quick, and with great plate consistency and appeal.

Product Last Saved Date: 20 October 2025



## Nutrition Facts

32 Servings per container

Serving Size 5 oz (140g / About 1 Fillet)

Amount Per Serving

**Calories 110**

% Daily Value\*

**Total Fat** 1 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 85 mg **29%**

**Sodium** 230 mg **10%**

**Total Carbohydrates** 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 24 g

Vitamin D 2.6 mcg 15%

Calcium 0 mg 0%

Iron 0.4 mg 2%

Potassium 470 mg 10%

\* 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
21022431	10079149224315	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
42.5 LBR	40 LBR	CN, ID, CA, US, PL, MX, NL, NA, AE, TH, ZA, LT, VN	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
22 INH	16 INH	9.25 INH	1.8843 FTQ	5x4	547 Days	-10 FAH / 0 FAH

### Ingredients :

CONTAINS: FISH (POLLOCK)

### 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 - INII	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

### Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Pollock - Gadus chalcogrammus

### Serving Suggestions:

These Pollock Fillets make an excellent center of the plate entrée, a delicious fish fillet sandwich, or atop a salad. Pairs extremely well with your own complementary sauces and sides.

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

