



1/5 Lb Butter Crumb Almondine Alaska Pollock Fillets 4OZ, MSC

Traditional butter crumb preparation combines Pollock with a delicious blend of spices, seasonings, and rich crumbs. It's the ultimate seafood choice for pleasing a crowd!

Product Last Saved Date: 16 December 2024



Nutrition Facts

20 Servings per container

Serving Size 1 Portion (112g)

Amount Per Serving

Calories 240

% Daily Value*

Total Fat 18 g 23%

Saturated Fat 3.5 g 18%

Trans Fat 0 g

Cholesterol 45 mg 15%

Sodium 290 mg 13%

Total Carbohydrates 7 g 3%

Dietary Fiber 1 g 2%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 12 g

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 0.7 mg 4%

Potassium 170 mg 4%

* 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
1058304	00073538583048	WILD

Brand	GPC Description
FPI	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.5 LBR	5 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13 INH	9.5 INH	4 INH	0.2859 FTQ	15x10	547 Days	-10 FAH / 0 FAH

Ingredients :

ALASKA POLLOCK, VEGETABLE OIL (CANOLA OIL AND SOYBEAN OIL), BLEACHED WHEAT FLOUR, ALMONDS, BUTTER (PASTEURIZED CREAM, SALT), CONTAINS 2% OR LESS OF: SALT, LACTIC ACID, SUGAR, SPICES, CHEDDAR CHEESE (MILK, CULTURES, SALT, ENZYMES), YELLOW CORN FLOUR, YEAST, UNSALTED BUTTER (PASTEURIZED CREAM, NATURAL FLAVOR), NATURAL FLAVORS, ONION POWDER, BETA CAROTENE (COLOR), EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR). CONTAINS: FISH (POLLOCK), WHEAT, MILK, TREE NUTS (ALMONDS)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - C	Soy - N
Fish - C	Wheat - C	TreeNuts - C
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

FOR FOOD SAFETY AND QUALITY, PLEASE FOLLOW THESE COOKING INSTRUCTIONS. KEEP FROZEN—DO NOT REFREEZE. COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: PLACE FROZEN PORTIONS ON A LIGHTLY OILED SHEET PAN. CONVECTION OVEN: PREHEAT OVEN TO 400°F AND BAKE FOR 12-14 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 450°F AND BAKE FOR 14-16 MINUTES. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM. WARNING: WHILE EVERY EFFORT HAS BEEN MADE TO REMOVE BONES FROM THIS PRODUCT, SOME BONES MAY REMAIN. PLEASE USE CAUTION WHEN CONSUMING.

Serving Suggestions:

Lunch menu, Light dinner special

Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:



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