

High Liner Foodservice

633801 - 1/20 LB Oven Ready Whole Grain Breaded Pollock Sea Wo...

Made from wild caught Alaska Pollock, High Liner Whole Grain Breaded Pollock Fish Shapes are specially formed, fish-shaped Pollock that are as delicious as they are downright fun. What's more, they align with USDA guidelines for whole grain. Each oven-ready shape cooks to golden crunchy, kid-friendly perfection in minutes. An exciting, more nutritious option for school lunches ...



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code		GTIN		Calculated Pack	
1089865	633801		10035493898657		320 x 1 OZ	
Brand		Brand Owner		GPC Description		
High Liner Foodservice		High Liner Foods Inc.		Fish - Prepared/Processed (Frozen)		
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin		Kosher	Child Nutrition
22 LBR	20 LBR	No	United States		Undeclared	Yes
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	9.8125 INH	12.1250 INH	1.0887 FTQ	12x3	540 Days	-10 FAH / 0 FAH
Traceability Regulation						
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors	
TRACEABILITY_REGULATION		FSMA204	TRUE		N/A	

HANDLING SUGGESTIONS

Keep Frozen

ALLERGENS

C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; 30 = 'Free From Not Tested' ; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

- Milk - C
- Eggs - N
- Soybean - C
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree - N
- Fish - C
- Shellfish - NI
- Crustaceans - N

INGREDIENTS

68.9% SEAFOOD BLEND [MINCED ALASKA POLLOCK, WATER, SOY FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SALT, HYDROLYZED CORN PROTEIN, BUTTER FLAVOR (MALTODEXTRIN, ENZYME MODIFIED BUTTER, FLAVOR), TITANIUM DIOXIDE, MODIFIED CORN STARCH, ONION POWDER, SPICES, NATURAL FLAVOR]; 31.1% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: WATER, MODIFIED CORN STARCH, SUGAR, WHOLE YELLOW CORN MEAL, ONION POWDER, GARLIC POWDER, SALT, YEAST, YEAST EXTRACT, SPICES, WHEY, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), CORN SYRUP SOLIDS, YELLOW CORN FLOUR, CORN STARCH, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), MODIFIED CELLULOSE, CONCENTRATED LEMON JUICE, NATURAL FLAVOR. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, SOY, MILK

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PREPARATION & COOKING SUGGESTIONS

COOKING INSTRUCTIONS FROM FROZEN:
CONVECTION OVEN: Place oven rack in the center of the oven. Preheat oven to 350°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 10-12 minutes. CONVENTIONAL OVEN: Place oven rack in the center of the oven. Preheat oven to 425°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 10-15 minutes.
NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

SERVING SUGGESTIONS

The ideal finger food for school lunch served with Popeye the Sailorman Spinach and the dipping sauce of your choice.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	260
Protein	16 g
Total Carbohydrates	29 g
Sugars	3 g
Dietary Fiber	5 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	10 g
Trans Fat	0 g
Saturated Fat	1.5 g
Added Sugars	2 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	20 mg
Vitamin D	0.6 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	480 mg
Calcium	60 mg
Iron	2.6 mg
Potassium	500 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

MORE IMAGES

