



1/10 LB Oven Ready Breaded Pollock Portions, Made From Minced Fish, 3 oz

High Liner Breaded Pollock Portions feature premium wild caught breaded Pollock portions developed for menus on a budget. Each oven-ready portion is coated with deliciously seasoned breading, and cooks from frozen to perfection in minutes to preserve the protein-rich, mild-flavored flaky fish inside. Ideal for a variety of menu applications.

Product Last Saved Date: 25 March 2025



Nutrition Facts

53 Servings per container
Serving Size 1 Portion (84g)

Amount Per Serving
Calories 200

	% Daily Value*
Total Fat 9 g	11%
Saturated Fat 1.5 g	7%
Trans Fat 0 g	
Cholesterol 20 mg	7%
Sodium 450 mg	20%
Total Carbohydrates 22 g	8%
Dietary Fiber 1 g	2%
Total Sugars 2 g	
Includes 0 g Added Sugars	0%

Protein 8 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 1.4 mg	8%
Potassium 100 mg	2%

* 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
53374	10070737533741	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	365 Days	-10 FAH / 0 FAH

Ingredients :

MINCED POLLOCK, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), WATER, CONTAINS 2% OR LESS OF: ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NATURAL FLAVORS, YELLOW CORN FLOUR, YEAST, SUGAR, BLEACHED WHEAT FLOUR, SALT, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), DEXTROSE, PAPRIKA EXTRACT (COLOR). CONTAINS: FISH (POLLOCK), WHEAT

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 14-16 minutes. CONVENTIONAL OVEN: Preheat oven to 400°F and bake for 18-20 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Ideal as a fish sandwich. Serve with your favorite potato dish, pasta salad or vegetable salad.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

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

