



## 1/10.35 LB Oven Ready Whole Grain Potato Breaded Pollock Wedges 3.6 oz, CN

High Liner Foodservice Whole Grain Potato Crunch Alaska Pollock wedges add real potato sticks to the breading for a distinct flavor and extra crunchy bite kids and adults can't resist. Each wild caught, oven-ready, portion-controlled fillet bakes from frozen to golden crispy perfection in minutes with no mess.

Product Last Saved Date: 09 December 2024



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

46 Servings per container

**Serving Size 1 Piece (101g / 3.6 oz)**

Amount Per Serving

**Calories 210**

% Daily Value\*

**Total Fat 11 g 14%**

Saturated Fat 2 g **10%**

Trans Fat 0 g

**Cholesterol 45 mg 15%**

**Sodium 330 mg 14%**

**Total Carbohydrates 13 g 5%**

Dietary Fiber 1 g **4%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein 14 g**

Vitamin D 1 mcg 6%

Calcium 14 mg 2%

Iron 1 mg 6%

Potassium 312 mg 6%

\* 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
53364	10070737533642	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.385 LBR	10.35 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

### Ingredients :

71.3% POLLOCK, 28.7% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEHYDRATED POTATOES (POTATOES, MONO AND DIGLYCERIDES, DEXTROSE), WATER, CORN SYRUP, POTATO FLAKES (POTATOES, MONOGLYCERIDES), SALT, TAPIOCA STARCH, RICE FLOUR, POTATO STARCH, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), YEAST, PALM OIL, DEXTROSE, CANOLA OIL, SUGAR, NATURAL FLAVOR. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: POLLOCK (FISH), 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 SHEET PAN. CONVECTION OVEN: PREHEAT OVEN TO 375°F AND BAKE FOR 15-18 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 400°F AND BAKE FOR 20-25 MINUTES. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Serving Suggestions:

Serve with potatoes and veggies. Use as fish item in seafood platter.

### Species / Scientific Name:

Pollock - Gadus chalcogrammus

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: Yes

CN Statement: ONE 3.60 OZ. OVEN READY WHOLE GRAIN POTATO BREADED POLLOCK WEDGE PROVIDES 2.00 OZ. EQUIVALENT MEAT AND 0.75 OZ. EQUIVALENT GRAIN FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.



Information subject to change without notice at the discretion of High Liner Foods (USA)  
<http://www.highlinerfoods.com>

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### CN Information:

CN Statement : ONE 3.60 OZ. OVEN READY WHOLE GRAIN POTATO BREADED POLLOCK WEDGE PROVIDES 2.00 OZ. EQUIVALENT MEAT AND 0.75 OZ. EQUIVALENT GRAIN FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS.

Suggested Bid :

Meat/Meat Alternative :

WholeGrain Credit Calculation :

### Label Copy:

\*Please note - label for bid proposes only per USDA Document# SP11v2 CACFP10SFSSP13-2015 - Label copied with watermark is acceptable documentation for administrative review - the original labels on cartons received will not have a watermark.

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# 53364



EST. # 045

LOT#: 1234567890

CN 100007  
ONE 3.60 OZ. OVEN READY WHOLE GRAIN POTATO BREADED POLLOCK WEDGE PROVIDES 2.00 OZ. EQUIVALENT MEAT AND 0.75 OZ. EQUIVALENT GRAIN CN FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS. (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 05/2022)  
CN

INDIVIDUALLY QUICK FROZEN  
KEEP FROZEN  
DO NOT REFREEZE  
MANUFACTURED BY: HIGH LINER FOODS, PORTSMOUTH, NH 03801  
FOR INQUIRIES CALL: 1-888-860-3664  
www.highlinerfoodservice.com

**COOKING INSTRUCTIONS FROM FROZEN:**  
**TO BAKE:** PLACE FROZEN PORTIONS ON A LIGHTLY OILED SHEET PAN.  
**CONVECTION OVEN:** PREHEAT OVEN TO 375°F AND BAKE FOR 45-50 MINUTES.  
**CONVENTIONAL OVEN:** PREHEAT OVEN TO 400°F AND BAKE FOR 30-35 MINUTES.  
**NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.**

**INGREDIENTS:** 71.3% POLLOCK, 28.7% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEHYDRATED POTATOES (POTATOES, MONO AND DIGLYCERIDES, DEXTROSE), WATER, CORN SYRUP, POTATO FLAKES (POTATOES, MONOGLYCERIDES), SALT, TAPIOCA STARCH, RICE FLOUR, POTATO STARCH, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), YEAST, PALM OIL, DEXTROSE, CANOLA OIL, SUGAR, NATURAL FLAVOR. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL.  
**CONTAINS:** POLLOCK (FISH), WHEAT

<sup>TM</sup>Trademark of High Liner Foods Incorporated

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### NET WT 10.35 Lb (4.70 kg)



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### High Liner Bid Desk Contact and Specification Verification:

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