

# 20 Lb (9.07 kg) Oven Ready Whole Grain Golden Crunchy Breaded Alaska Pollock Nuggets 1 oz, CN, MSC

High Liner Whole Grain Golden Crunchy Pollock Nuggets are a step up in the fish nugget category with tasty whole grain breading. Made from wild caught Alaska Pollock, these crispy-fun, deliciously tender fish nuggets have an appeal kids and adults will find hard to resist. Each is oven-ready, and bakes from frozen to golden crunchy perfection in minutes to enhance a variety of Child Nutrition-approved applications.

Product Last Saved Date: 23 March 2026



**HIGH LINER**  
FOODSERVICE™



## Nutrition Facts

80 Servings per container

**Serving Size 4 Nuggets (112g)**

Amount Per Serving

**Calories 230**

% Daily Value\*

**Total Fat 9 g 11%**

Saturated Fat 1.5 g 7%

Trans Fat 0 g

**Cholesterol 45 mg 15%**

**Sodium 330 mg 14%**

**Total Carbohydrates 23 g 8%**

Dietary Fiber 2 g 7%

Total Sugars 1 g

Includes 1 g Added Sugars 1%

**Protein 16 g**

Vitamin D 1.3 mcg 6%

Calcium 0 mg 0%

Iron 1.5 mg 8%

Potassium 320 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
1089301	10035493893010	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LBR	20 LBR	N/A	Undeclared	

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	9.8125 INH	12.125 INH	1.0887 FTQ	12x3	547 Days	-10 FAH / 0 FAH

### Ingredients :

64.2% ALASKA POLLOCK; 35.8% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), DEHYDRATED ONION. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: POLLOCK (FISH), WHEAT, MILK

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

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

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 11-13 minutes.

CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

### Serving Suggestions:

Excellent for school lunch, or as a healthier breaded option for healthcare and senior living center dining paired with your favorite complementary sides and dipping sauce.

### Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

### Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement: FOUR 1.00 OZ OVEN READY WHOLE GRAIN GOLDEN CRUNCHY BREADED FISH NUGGETS PROVIDE 2.00 OZ EQUIVALENT MEAT AND 1.50 OZ EQUIVALENT GRAINS FOR CHILD NUTRITION MEAL PATTERN REQUIREMENTS (USE OF THIS LOGO AND STATEMENT AUTHORIZED BY THE FOOD AND NUTRITION SERVICE, USDA 01/2026).



Information subject to change without notice at the discretion of High Liner Foods (USA)  
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Printed on 16 May 2026  
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