

High Liner Foodservice, 4.54 kg / 10 lb, Fully Cooked Garlic & Herb Lightly Coated Pollock Strips, Approx. 26 g / 0.92 oz

Faites preuve d'audace en optant pour nos lanières de goberge à l'ail et aux fines herbes entièrement cuites. Imprégnées des saveurs irrésistibles de l'ail et des fines herbes, nos lanières de goberge entièrement cuites apportent une touche savoureuse à tous vos plats. Légèrement enrobées d'une panure parfaitement assaisonnée, elles sont incontournables pour rehausser vos bols-repas, vos salades ou tout autre plat d'une explosion de saveurs.

Product Last Saved Date: 09 March 2026



HIGH LINER
FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 4 strips (102 g)

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 6 g **8%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 30 mg **%**

Sodium 640 mg **28%**

Total Carbohydrates 16 g **%**

Dietary Fiber 1 g **4%**

Total Sugars 0 g

Includes Added Sugars **%**

Protein 16 g

Vitamin D **%**

Calcium 20 mg **2%**

Iron 0.4 mg **2%**

Potassium 250 mg **7%**

* 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
12300374	10061763003742	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.98 KGM			Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
40.2 CMT	24.9 CMT	17 CMT	0.017 MTQ	10x6	540 Days	

Ingredients :

Pollock, Water, Flour (rice, wheat), Soya oil, Modified starch (corn, tapioca), Seasonings (garlic, spices, herbs, disodium guanylate, disodium inosinate, onion), Salt, Corn starch, Sodium phosphate (to retain moisture), Flavour, Sugar, Yeast, Xanthan gum. Contains: Pollock (fish), Wheat.

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

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

Prep & Cooking Suggestions:

HEATING INSTRUCTIONS: HEAT FROM FROZEN TO BAKE: Place frozen strips on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 425°F (220°C) and bake for 6-8 minutes, flipping halfway. CONVENTIONAL OVEN: Preheat oven to 425°F (220°C) and bake for 8-10 minutes, flipping halfway. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE A GUIDELINE ONLY.

Serving Suggestions:

Make the tender Garlic and Herb Pollock Strips the centerpiece of a vibrant salad, by pairing with a mix of crisp garden vegetables and fresh greens. A drizzle of house-made Citrus Vinaigrette brings a burst of tangy brightness, while a wedge of lemon adds the perfect zesty finish.

Species / Scientific Name:

Claims & Child Nutrition:

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