



## High Liner Foodservice, 4.54 kg / 10 lb, Alaska Wild Wings, Southern Style Seasoned Flour Coated Alaska Pollock

High Liner Foodservice Alaska Pollock Wild Wings make the perfect bite-sized snack, which means they're destined to become wildly popular on your menu. This features wild caught Pollock portions breaded with a blend of old-fashioned southern style herbs and spices. Each carefully portioned wing easily deep fries or bakes to golden crispy, tender flaky fish perfection in minutes. A deliciously healthier version of this favorite, proving that great wings don't have to be limited to just chicken.

Product Last Saved Date: 05 March 2025



**HIGH LINER**  
FOODSERVICE™

### Nutrition Facts

Servings per container

**Serving Size Per about 4 pieces (95 g)**

Amount Per Serving

**Calories 150**

% Daily Value\*

**Total Fat** 4 g **5%**

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

**Cholesterol** 35 mg **%**

**Sodium** 430 mg **19%**

**Total Carbohydrates** 17 g **%**

Dietary Fiber 1 g **4%**

Total Sugars 1 g

Includes Added Sugars **%**

**Protein** 12 g

Vitamin D **%**

Calcium 20 mg **2%**

Iron 1 mg **6%**

Potassium 225 mg **5%**

\* 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
8933	10061763089333	

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
30 CMT	19.84 CMT	25.72 CMT	0.0146 MTQ	20x4	547 Days	

### Ingredients :

Alaska pollock, Flour (wheat, corn, soy), Water, Modified corn starch, Vegetable oil (soya, canola), Seasonings (onion, garlic, spices, yeast extract), Toasted wheat crumbs, Natural flavour, Salt, Sugars (sugar, dextrose), Baking powder, Modified milk ingredients, Sodium aluminum phosphate (leavening acid), Paprika. Contains: Alaska pollock (fish), Wheat, Soy, Milk.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

### Prep & Cooking Suggestions:

COOK FROM FROZEN. KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. DEEP FRY 350°F/180°C 4 1/2 - 5 min For best results, do not overfill fryer basket. Let stand for 2 min before serving. CONVECTION OVEN 425°F/220°C 16 - 18 min On a lightly greased baking tray. Flip halfway. Let stand for 2 min before serving. NOTE: Since appliances vary, these instructions are guidelines only. Cook to a minimum internal temperature of 158°F/70°C.

### Serving Suggestions:

The ideal snack or appetizer, pair these wildly delicious Pollock Wings with any sweet, savoury, or hot sauce for an entirely new flavour dynamic.

### Species / Scientific Name:

### Claims & Child Nutrition:

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

