

# 10.35 Lb (4.69 kg) Oven Ready Southern Cornmeal Whole Grain Breaded Pollock Portions 3.6 oz, Kosher, CN, MSC

High Liner Whole Grain Cornmeal Alaska Pollock Sticks are part of this kids specialty line of fully prepared, breaded seafood ideal for schools and more. These premium wild caught Pollock portions are coated with a delicious blend of kid-friendly seasoned cornmeal and whole grain breading for a can't-resist crunchy bite. Each oven-ready portion bakes from frozen to crispy, tender, flavorful flaky perfection in minutes.

Product Last Saved Date: 03 December 2025



## Nutrition Facts

46 Servings per container

**Serving Size** 1 Portion (101g)

Amount Per Serving

**Calories** 180

% Daily Value\*

**Total Fat** 9 g 11%

Saturated Fat 1.5 g 7%

Trans Fat 0 g

**Cholesterol** 40 mg 13%

**Sodium** 490 mg 21%

**Total Carbohydrates** 15 g 5%

Dietary Fiber 1 g 3%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

**Protein** 12 g

Vitamin D 1.2 mcg 6%

Calcium 0 mg 0%

Iron 0.7 mg 4%

Potassium 260 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
06646	00074638066462	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	Yes	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 [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]; 28.7% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE YELLOW CORN MEAL, MODIFIED CORN STARCH, WHEAT FLOUR, WATER, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, SALT, WHOLE WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SPICES, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), ONION POWDER. PREFRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT

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

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

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS: COOK FROM FROZEN STATE. SEPARATE AND PLACE PORTIONS IN A SHALLOW PAN. CONVECTION OVEN: Preheat oven to 400°F. Bake for 12-14 minutes. CONVENTIONAL OVEN: Preheat oven to 450°F. Bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Pollock - Gadus chalcogrammus

### Serving Suggestions:

Ideal for entrées or sandwiches for school lunch, or a healthier breaded option for healthcare and senior living center dining. Serve with your favorite dipping sauce and nutritional side.

### Claims & Child Nutrition:

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



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