

10 Lb (4.54 kg) Wild Alaska Pollock Wings 0.84oz, MSC

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: 01 October 2026

HIGH LINER FOODS

Nutrition Facts

38 Servings per container

Serving Size **5 Pieces (119g)**

Amount Per Serving

Calories **190**

	% Daily Value*
Total Fat 4.5 g	**6%**
Saturated Fat 0.5 g	**3%**
Trans Fat 0 g	
Cholesterol 45 mg	**15%**
Sodium 520 mg	**23%**
Total Carbohydrates 21 g	**8%**
Dietary Fiber 1 g	**4%**
Total Sugars 1 g	
Includes 0 g Added Sugars	**0%**
Protein 15 g	
Vitamin D 1.3 mcg	6%
Calcium 0 mg	0%
Iron 0.8 mg	4%
Potassium 290 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
1089309	10035493893096	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	540 Days	-10 FAH / 0 FAH

Ingredients :

ALASKA POLLOCK, WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, SALT, ONION POWDER, YEAST EXTRACT, SUGAR, GARLIC POWDER, SPICES, NATURAL FLAVORS, LEAVENING (SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE), DEXTROSE, SOY FLOUR, WHEY, EXTRACTIVES OF PAPRIKA (COLOR). CONTAINS: ALASKA POLLOCK (FISH), WHEAT, SOY, MILK

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 4 ½ -5 minutes. TO BAKE: Place frozen pieces on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 425°F and bake for 16-18 minutes, turning over halfway through cooking. Let sit for 2 minutes before serving. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 18-20 minutes, turning over halfway through cooking. Let sit for 2 minutes before serving. NOTE: COOK TO A MINIMUM INTERNAL TEMPERATURE OF 158°F.

Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

Serving Suggestions:

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

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:







