



# High Liner Foodservice, 4.54 kg / 10 lb, Captain Burger Breaded Pollock Fillets

High Liner Foodservice Captain Burger Breaded Pollock Fillets feature wild caught Pollock coated in a specially seasoned, light, crunchy crumb coating. This delivers the ideal combination of moist, flaky fish with an irresistible crispy crunch and made-from-scratch appearance. Captain Burgers come individually quick frozen for freshness and prep convenience. They easily bake or deep fry to perfection. The perfect healthy alternative to beef burgers you'll be glad to have on your menu.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container  
**Serving Size Per 2 burgers (132 g)**

**Amount Per Serving**  
**Calories 240**

	% Daily Value*
<b>Total Fat</b> 11 g	<b>15%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 55 mg	<b>%</b>
<b>Sodium</b> 330 mg	<b>14%</b>
<b>Total Carbohydrates</b> 18 g	<b>%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 1 g	
Includes Added Sugars	<b>%</b>

<b>Protein</b> 17 g	
Vitamin D	%
Calcium 50 mg	4%
Iron 1.25 mg	7%
Potassium 350 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
3299	10061763032995	

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

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.6 CMT	24.6 CMT	15 CMT	0.014 MTQ	13x11	540 Days	

Ingredients :
Pollock, Toasted wheat crumbs, Canola oil, Water, Modified corn starch, Flour (corn, wheat, soy), Sugar, Baking powder, Modified palm oil, Guar flour, Spices. Contains: Pollock (fish), Wheat, Soy.

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:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. COOK FROM FROZEN.  
DEEP FRY: Immerse 1-4 burgers in preheated 350°F / 180°C oil for 3 min or until done. Do not overload fryer. Drain on paper towel and serve. FORCED AIR CONVECTION OVEN: Place single layer of burgers on a shallow baking pan in preheated 425°F / 220°C oven for about 12 min or until done. OVEN: Place single layer of burgers on shallow baking pan in preheated 450°F / 230°C oven for about 20 min or until done. NOTE: Since appliances vary, these instructions are guidelines only. Cook until a minimum internal temperature of 158°F (70°C) is reached.

### Serving Suggestions:

How to build the perfect Captain Burger from the bottom up. Start with a warmed bottom bun. Next (in this order): shredded lettuce, a slice of cheese, Captain Burger Fillet, tartar sauce, and warmed top bun.

### Species / Scientific Name:

### Claims & Child Nutrition:

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

