

## 10 Lb (4.54 kg) Fully Cooked Garlic & Herb Lightly Coated Pollock Strip Approx. 1 oz, MSC

Add Bold Flavor to Your Menu with Our Fully Cooked Garlic and Herb Pollock Strips. Infused with the irresistible flavors of roasted garlic and fresh herbs, our Fully Cooked Garlic and Herb Pollock Strips bring a savory twist to any dish. Lightly coated in a perfectly seasoned breading, these strips are the ideal protein choice to elevate bowls, salads, or any meal that craves a burst of flavor.

Product Last Saved Date: 28 October 2025



# **Nutrition Facts**

40 Servings per container

Serving Size 4 oz (112g / About 4 Piece

Calories	

Calories	200
	% Daily Value*
Total Fat 7 g	9%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 35 mg	12%
Sodium 710 mg	31%
Total Carbohydrates 18 g	7%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 18 g	
Vitamin D 1 mcg	6%
Calcium 26 mg	2%
Iron 0 mg	0%
Potassium 266 mg	6%

	Product Specifications :					
Code		GTIN	Type Of Catch			
۵	12300358	10035493003587	WILD			

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.98 LBR	10 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.63 INH	9.61 INH	6.3 INH	0.601 FTQ	10x6	547 Days	-10 FAH / 0 FAH

#### Ingredients:

POLLOCK, WATER, RICE FLOUR, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/ OR SOYBEAN OIL), MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: GARLIC POWDER, SALT, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERRIC PYROPHOSPHATE (IRON), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, SPICES, DISODIUM GUANYLATE, DISODIUM INOSINATE, HERBS (CHIVE, BASIL, THYME, PARSLEY FLAKES), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), SPRING ONION FLAKES, NATURAL FLAVORS, SUGAR, YEAST, XANTHAN GUM. CONTAINS: POLLOCK (FISH),

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

## Prep & Cooking Suggestions:

HEATING INSTRUCTIONS: HEAT FROM FROZEN TO BAKE: Place strips on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 425°F and bake for 6-8 minutes, flipping halfway. CONVENTIONAL OVEN: Preheat oven to 425°F 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:

Pollock - Gadus chalcogrammus

#### **Claims & Child Nutrition:**

BAP Certified:

MSC Certified: Yes Has CN Statement: No

CN Statement: