

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: 10 March 2026



Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / About 4 Pieces)

Amount Per Serving

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%**

* 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
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	TlxHI	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), 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:

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:



Information subject to change without notice at the discretion of High Liner Foods (USA)
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Printed on 12 March 2026
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