



# High Liner Foodservice, 4.54 kg / 10 lb, BATTERCRISP, Fast Fry Pollock Portions

High Liner Battercrisp® Fast Fry Pollock Portions live up to their name in every way. They deep fry from frozen in only 4 minutes or less with almost no prep required, and feature a uniquely light, buttery Battercrisp® batter. Cut from premium fillet blocks of wild caught Pollock, these portions are individually quick frozen for freshness, ease of handling and cost control, and come oven-ready as well. Whether baked or fried, each easily cooks to golden, crispy perfection with the exceptional plate coverage and appeal you demand.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container  
**Serving Size    Per 2 portions (109 g)**

**Amount Per Serving**

**Calories**

**280**

**% Daily Value\***

<b>Total Fat</b> 17 g	<b>23%</b>
Saturated Fat 1.5 g	<b>8%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 25 mg	<b>%</b>
<b>Sodium</b> 530 mg	<b>23%</b>
<b>Total Carbohydrates</b> 22 g	<b>%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 1 g	
Includes Added Sugars	<b>%</b>
<b>Protein</b> 10 g	
Vitamin D	<b>%</b>
Calcium 10 mg	<b>1%</b>
Iron 1.25 mg	<b>7%</b>
Potassium 175 mg	<b>4%</b>

\* 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
6747	10061763067478	

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

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

**Shipping Information**

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37.594 CMT	27.794 CMT	15.387 CMT	0.0161 MTQ	11x11	540 Days	

**Ingredients :**

Pollock, Water, Flour (wheat, corn, soy), Canola oil, Toasted wheat crumbs, Modified corn starch, Sugar, Salt, Modified palm oil, Baking powder, Sodium phosphate (to retain moisture), Modified milk ingredients, Sodium aluminum phosphate (leavening acid), Spices, Guar flour. Contains: Pollock (fish), Wheat, Soy, Milk.

**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. DEEP FRY: PLACE 1-4 PORTIONS IN PREHEATED 350°F/180°C OIL FOR 3 1/2 MIN OR UNTIL DONE. FORCED AIR CONVECTION OVEN: PLACE SINGLE LAYER OF FROZEN PRODUCT ON SHALLOW BAKING PAN IN PREHEATED 425°F/220°C OVEN FOR 10 MIN OR UNTIL DONE. OVEN: PLACE FROZEN PRODUCT ON SHALLOW BAKING PAN IN PREHEATED 450°F/230°C OVEN FOR 18 MIN OR UNTIL DONE. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE GUIDELINES ONLY. COOK UNTIL MINIMUM INTERNAL TEMPERATURE OF 158°F/70°C.

**Serving Suggestions:**

These Battercrisp® Pollock are a natural served with fries and creamy slaw. They also make an excellent sandwich, or fish basket and pair well with a variety of traditional sauces.

**Species / Scientific Name:**

**Claims & Child Nutrition:**

BAP Certified:

MSC Certified:

Has CN Statement:    No

CN Statement:

