

10 Lb (4.54 kg) IQF Pollock Fillets 2 - 4 oz, MSC

Wild caught in the North Pacific, these Fishery Product IQF Pollock Fillets offer great value and versatility for a variety of applications. Each fillet is portioned for easy prep to the cooking method of your choice, and cook to tender, flaky perfection in no time, and offer excellent plate consistency and appeal no matter what you have in store.

Product Last Saved Date: 20 October 2025



Nutrition Facts

53 Servings per container

Serving Size 3 oz (84g/About 1 Fillet)

Amount Per Serving

Calories 60

% Daily Value*

Total Fat 0.5 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 45 mg **16%**

Sodium 200 mg **9%**

Total Carbohydrates 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 13 g

Vitamin D 1.4 mcg **6%**

Calcium 0 mg **0%**

Iron 0 mg **0%**

Potassium 250 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
1002976	10035493029761	WILD

Brand	GPC Description
FPI	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.51 LBR	10.0 LBR	CN, ID, CA, US, PL, MX, NL, NA, AE, TH, ZA, LT, VN	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.2 INH	10.2 INH	5.9 INH	0.5294 FTQ	12x12	540 Days	-10 FAH / 0 FAH

Ingredients :

POLLOCK, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (POLLOCK)

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 - INII	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

Prep & Cooking Suggestions:

COOK TO A MINIMUM INTERNAL TEMPERATURE OF 155°F.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Serving Suggestions:

This high protein, low fat fish is ideal as a center of the plate entrée for fish and chips, or as premium fish fillet sandwich. Pairs well with your own complementary sauces and sides.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:



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