

### 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

**6**C

<u> </u>	
	% Daily Value
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
<b>Cholesterol</b> 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%
<b>Protein</b> 13 g	
Vítamin D 1.4 mcg	6%
Calcium 0 mg	0%
Iron 0 mg	0%
Potassium 250 mg	6%

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	TIxHI	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'):				
Eggs - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - 30	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

#### 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:









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

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