

10 Lb (4.54 kg) Oven Ready Whole Grain Breaded Fish Sandwich Portions, Made With Vegetable Protein Product, 3 oz

High Liner Foodservice Whole Grain Sandwich Portions are fortified with whole grains and soy protein. Made of quality wild caught Pollock, each portion is breaded with special herbs and spices that appeal to both kids and adults. These easy, oven-ready portions cook from frozen to crunchy perfection in minutes.

Product Last Saved Date: 20 October 2025

Nutrition Facts

53 Servings per container

Serving Size 1 Portion (84g)

Amoun	it Per Serving
Ca	lories

Vitamin D 0.8 mcg

nutrition advice.

Calcium 0 mg

180

Calories	
	% Daily Value*
Total Fat 8 g	10%
Saturated Fat 1 g	6%
Trans Fat 0 g	
Cholesterol 25 mg	9%
Sodium 490 mg	21%
Total Carbohydrates 16 g	6%
Dietary Fiber 2 g	7%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 11 g	

Potassium 260 mg	6%
+ The O/ Deily Velves (DV) tells you have much a subject in a conjugate	
* 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	

Product Specifications :				
Code GTIN		Type Of Catch		
10020621	00079149206215	WILD		

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

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

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients:

4%

8%

SEAFOOD MIX: {POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)], WATER, SOY FLOUR, SALT, SODIUM PHOSPHATE, MALTODEXTRIN, DEXTROSE, AUTOLYZED YEAST, NATURAL FLAVOR}; BATTER AND BREADING: WHOLE WHEAT ELOUIR ENRICHED WHEAT ELOUIR (ELOUIR NIACIN REDUCED IRON THIAMINE MONONITRATE RIBOELAVIN EOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: WHOLE YELLOW CORN MEAL, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, WHITE CORN FLOUR, SUGAR, SALT, WATER, YEAST, TORULA YEAST, HYDROLYZED SOY PROTEIN, GARLIC POWDER, ONION POWDER, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), SPICES, DEXTROSE, NATURAL FLAVOR. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, SOY

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - 30	Soy - C			
Fish - C	Wheat - C	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Serving Suggestions:

Perfect as a tasty school lunch sandwich, or as a healthier breaded option. Pairs well with a variety of sauces and healthy sides.

Claims & Child Nutrition:

BAP Certified: MSC Certified: Has CN Statement: No CN Statement:







