



1/10 LB 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: 06 March 2024



Nutrition Facts

53 Servings per container
Serving Size 1 Portion (84g)

Amount Per Serving
Calories 180

	% 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	
Vitamin D 0.8 mcg	4%
Calcium 0 mg	0%
Iron 1.3 mg	8%
Potassium 260 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
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	TlxHI	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 :

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 FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC 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 - N	Milk - N	Soy - C
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

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.

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.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

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

