

High Liner Foodservice, 4.54 kg / 10 lb, Fully Cooked Panko Breaded Pollock Squares, Approx. 97 g / 3.4 oz

Enrobés de la panure panko de première qualité, nos carrés de goberge entièrement cuits vous permettent de préparer en un clin d'œil un succulent burger au poisson. Savourez le croquant irrésistible de la panure frite et croustillante et la texture tendre et floconneuse du poisson.

Product Last Saved Date: 09 March 2026



Nutrition Facts

Servings per container

Serving Size Per 1 square (97 g)

Amount Per Serving

Calories **200**

% Daily Value*

Total Fat 10 g **13%**

Saturated Fat 2 g **10%**

Trans Fat 0 g

Cholesterol 50 mg **%**

Sodium 300 mg **13%**

Total Carbohydrates 14 g **%**

Dietary Fiber 1 g **4%**

Total Sugars 0 g

Includes Added Sugars **%**

Protein 13 g

Vitamin D **%**

Calcium 40 mg **4%**

Iron 0.75 mg **4%**

Potassium 150 mg **4%**

* 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
12300372	10061763003728	

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

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
40.2 CMT	24.9 CMT	17 CMT	0.017 MTQ	10x6	540 Days	

Ingredients :

Pollock, Toasted wheat crumbs, Soya oil, Water, Flour (wheat, corn), Modified tapioca starch, Salt, Seasonings (garlic, yeast extract), Tapioca starch, Sugar, Guar flour. Contains: Pollock (fish), Wheat.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INI='Intentionally nor Inherently Included'):

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

Prep & Cooking Suggestions:

HEATING INSTRUCTIONS: HEAT FROM FROZEN TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 425°F (220°C) and bake for 10-12 minutes, flipping halfway. CONVENTIONAL OVEN: Preheat oven to 425°F (220°C) and bake for 16-18 minutes, flipping halfway. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE A GUIDELINE ONLY.

Serving Suggestions:

Create the ultimate Fish Sandwich by pairing with crisp iceberg lettuce, delicate cucumber ribbons, and tender baby spinach for a refreshing and light bite. The addition of scratch-prepped pickled red onions brings a tangy contrast, while a generous topping of zesty lemon dill aioli enhances the flavors with a bright, citrusy kick.

Species / Scientific Name:

Claims & Child Nutrition:

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