

High Liner Foods

633838 - 1/10 LB Battered Pollock Fillets Approx. 8 oz

It doesn't get any bigger or better than High Liner Foods Big Bob's® Battered Pollock Fillets. Here, larger-than-life, wild caught portions are dipped in comfort food quality, specially seasoned batter for the ultimate "wow" factor in flavor, plate coverage, consistency, and appeal. Incredibly simple to prepare, each ready-to-cook fillet easily fries or bakes to golden perfecti...



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
10023828	633838	00079149238285	20 x 8 OZ

Brand	Brand Owner	GPC Description
High Liner Foods	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11 LBR	10.0 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	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

HANDLING SUGGESTIONS

Keep Frozen

SERVING SUGGESTIONS

These Big Bob's® Pollock Fillets make the perfect hearty appetite-pleasing entrée. They also make a "wow" specialty sandwich, sizable fish taco, and even add depth to entrée salads. These fillets pair well with a variety of complementary sauces and sides.

Nutrition Facts

20 Servings per container

Serving Size 8 oz (224g/About 1 Fillet)

Amount Per Serving

Calories430

% Daily Value*

Total Fat 20 g26%

Saturated Fat 3 g16%

Trans Fat 0 g

Cholesterol 90 mg30%

Sodium 750 mg33%

Total Carbohydrates 33 g12%

Dietary Fiber 1 g3%

Total Sugars 0 g

Includes 0 g Added Sugars0%

Protein 29 g

Vitamin D 2.7 mcg15%

Calcium 30 mg2%

Iron 2 mg10%

Potassium 530 mg10%

* 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.

INGREDIENTS

POLLOCK, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, ONION POWDER, SALT, SPICE, YEAST EXTRACT, GARLIC POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR (MALTODEXTRIN, INACTIVE YEAST, NATURAL AND ARTIFICIAL FLAVOR), YELLOW 5, YELLOW 6. CONTAINS: FISH (POLLOCK), WHEAT

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N

Eggs - N

Soybean - N

Wheat - C

Sesame - N
- Peanuts - N

Tree - N

Fish - C

Shellfish - NI

Crustaceans - N

MORE INFORMATION

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NUTRITIONAL ANALYSIS



Calories	430	Total Fat	20 g	Sodium	750 mg
Protein	29 g	Trans Fat	0 g	Calcium	30 mg
Total Carbohydrates	33 g	Saturated Fat	3 g	Iron	2 mg
Sugars	0 g	Added Sugars	0 g	Potassium	530 mg
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	90 mg		
Vitamin A (IU)		Vitamin D	2.7 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS



FISH	CONTAINS	WHEAT	CONTAINS
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MORE IMAGES

