

# 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	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

## 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
- Soy - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - C
- Shellfish - NI

## 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.

## HANDLING SUGGESTIONS



Keep Frozen

## PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 7-9 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 18-22 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 25-27 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

## MORE INFORMATION



# Nutrition Facts

20 Servings per container

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

Amount Per Serving

**Calories 430**

% Daily Value\*

<b>Total Fat</b> 20 g	<b>26%</b>
Saturated Fat 3 g	<b>16%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 90 mg	<b>30%</b>
<b>Sodium</b> 750 mg	<b>33%</b>
<b>Total Carbohydrates</b> 33 g	<b>12%</b>
Dietary Fiber 1 g	<b>3%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>

**Protein** 29 g

Vitamin D 2.7 mcg	15%
Calcium 30 mg	2%
Iron 2 mg	10%
Potassium 530 mg	10%

\* 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

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## NUTRITIONAL ANALYSIS



Calories	430
Protein	29 g
Total Carbohydrates	33 g
Sugars	0 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	20 g
Trans Fat	0 g
Saturated Fat	3 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	90 mg
Vitamin D	2.7 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	750 mg
Calcium	30 mg
Iron	2 mg
Potassium	530 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS



## MORE IMAGES

