

# 10 Lb (4.54 kg) Oven Ready Breaded Pollock

High Liner Foodservice Breaded Alaska Pollock Squares are the ideal combination of moist, tender flaky fish and uniquely seasoned crispy breading. These premium wild caught, oven-ready squares cook to crunchy perfection in no time, with the consistency and plate appeal you demand.

Product Last Saved Date: 16 January 2026



## Nutrition Facts

40 Servings per container

**Serving Size** 1 Portion (112g)

**Amount Per Serving**  
**Calories** **280**

% Daily Value\*

**Total Fat** 12 g **16%**

Saturated Fat 2 g **10%**

Trans Fat 0 g

**Cholesterol** 25 mg **9%**

**Sodium** 320 mg **14%**

**Total Carbohydrates** 33 g **12%**

Dietary Fiber 1 g **3%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 10 g

Vitamin D 0 mcg **0%**

Calcium 0 mg **0%**

Iron 1 mg **6%**

Potassium 130 mg **2%**

\* 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
1008818	00073538088185	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	

### Shipping Information

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

### Ingredients :

POLLOCK, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, PALM OIL, SOYBEAN OIL AND/OR SUNFLOWER OIL), MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ISOLATED CARROT PRODUCT, SALT, ENRICHED YELLOW CORN FLOUR (YELLOW CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLES (ONION, RED BELL PEPPER), WHOLE WHEAT FLOUR, DEXTROSE, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SOY PROTEIN CONCENTRATE, GRANULATED ONION, SPICES, GARLIC POWDER, SPICE EXTRACTIVE, WHEAT FLOUR, PARSLEY, YEAST, ONION POWDER, MODIFIED CELLULOSE, CORN STARCH, ENRICHED YELLOW CORN MEAL (YELLOW CORN MEAL, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHITE CORN FLOUR, YEAST EXTRACT, AUTOLYZED YEAST EXTRACT, MONOSODIUM GLUTAMATE, GRANULATED GARLIC, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), CITRIC ACID, RICE FLOUR, TORTILLA CRUMB [YELLOW WHOLE CORN, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN OIL, SOYBEAN OIL OR SUNFLOWER OIL)], WHEAT STARCH, CORN SYRUP SOLIDS, SUGAR, NATURAL AND ARTIFICIAL FLAVORS, MALTODEXTRIN, BARLEY MALT, YEAST NUTRIENTS (AMMONIUM CHLORIDE, CALCIUM SULFATE), DRIED POTATOES, WHEY, COCONUT OIL TRIGLYCERIDES, IODIZED SALT, DEFATTED SOY FLOUR, EGGS, WHOLE CONE HOPS, DOUGH CONDITIONERS (ASCORBIC ACID, L-CYSTEINE MONOHYDROCHLORIDE), CORN SYRUP, NONFAT MILK, PAPRIKA, EGG WHITES, CORN CEREAL, SESAME SEEDS, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), DRIED GARLIC, BREWER'S YEAST, DISODIUM INSOINATE, DISODIUM GUANYLATE, SELECT GRAINS, DRIED ONION, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), POWDERED CELLULOSE, HIGH MALTOSE SYRUP, CHIPOTLE PEPPER, BHT & BHA (PRESERVATIVE), SODIUM CITRATE, LEMON JUICE, CELLULOSE GUM, SODIUM CASEINATE, LEMON POWDER (CORN SYRUP SOLIDS, LEMON JUICE, NATURAL FLAVOR), DISODIUM PHOSPHATE, DRIED CHIVES, LEMON OIL, GUAR GUM, CORN GRITS, YELLOW 5, CHILI PEPPER, TORULA YEAST, HYDROLYZED SOY PROTEIN, WHEAT, SOYBEAN HULL FIBER, YELLOW 6, ENZYME MODIFIED BUTTER, MUSTARD, GUM ACACIA, MINCED GREEN ONION POWDER, METHYLCELLULOSE, CALCIUM PROPIONATE (PRESERVATIVE), DEHYDRATED BUTTER, TAPIOCA DEXTRIN, LIME JUICE SOLIDS, HYDROLYZED CORN GLUTEN, MALTED BARLEY FLOUR, FERMENTED WHEAT PROTEIN, JALAPENO POWDER, XANTHAN GUM, LACTIC ACID, GUM ARABIC, COCONUT, DISTILLED VINEGAR, GRANULATED ROASTED GARLIC, SESAME OIL, SOY SAUCE [(FERMENTED SOYBEANS AND WHEAT, SALT), DEXTRIN], DEHYDRATED SWEET POTATOES, ACETIC ACID, RED 40, BLUE 1, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (POLLOCK), WHEAT, SOY, MILK, EGGS, TREE NUTS (COCONUT), SESAME

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

Eggs - C	Milk - C	Soy - C
Fish - C	Wheat - C	TreeNuts - C
Peanuts - INII	Crustacean - INII	Sesame - C

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 20-25 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

**Serving Suggestions:**

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

**Claims & Child Nutrition:**

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



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