



10 Lb (4.54 kg) IQF Pollock Fillets 4 - 6 oz, MSC

Wild caught in the North Pacific, these Fishery Product IQF Pollock Fillets offer great value and versatility for a variety of applications. Each fillet is portioned for easy prep to the cooking method of your choice, and cook to tender, flaky perfection in no time, and offer excellent plate consistency and appeal no matter what you have in store.

Product Last Saved Date: 01 July 2025

Nutrition Facts

32 Servings per container
Serving Size 5 oz (140g/About 1 Fillet)

Amount Per Serving
Calories **100**

	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 80 mg	26%
Sodium 340 mg	15%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 22 g	
Vitamin D 2.3 mcg	10%
Calcium 0 mg	0%
Iron 0 mg	0%
Potassium 420 mg	8%

* 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
1002978	10035493029785	WILD

Brand	GPC Description
FPI	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.51 LBR	10.0 LBR	CN, ID, CA, US, PL, MX, NL, NA, AE, TH, ZA, LT, VN	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.2 INH	10.2 INH	5.9 INH	0.5294 FTQ	11x12	540 Days	-10 FAH / 0 FAH

Ingredients :

POLLOCK, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (POLLOCK)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - N	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

COOK TO A MINIMUM INTERNAL TEMPERATURE OF 155°F.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Serving Suggestions:

Ideal for fish and chips and fish fillet sandwiches, as well as center of the plate entrées. Pairs well with a variety of complementary sides, malt vinegar, traditional sauces or your own signature sauces.

Claims & Child Nutrition:

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

