

633773 - 1/10 LB Oven Ready Breaded Pollock Squares 4 oz, Kosh...

High Liner Foodservice Breaded Alaska Pollock Squares are the ideal combination of moist, tender flaky fish and uniquely seasoned crispy breading. An excellent value for Child Nutrition-approved applications, these premium wild caught, oven-ready squares cook to crunchy perfection in no time, with the consistency and kid-friendly plate appeal you demand.



MARKETING



PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
10022648	633773	00079149226480	1/10 LB

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

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.9 LBR	10 LBR	No	United States	Yes	Yes

Shipping						
Length	Width	Height	Volume	Tlx/HL	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	547 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

HANDLING SUGGESTIONS



Keep Frozen

MORE INFORMATION



SERVING SUGGESTIONS



Ideal as an entrée for school lunch, healthcare or senior living center dining. Pairs well with a variety of sides and traditional or signature sauces.

PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Bake at 400°F for about 15 minutes. CONVENTIONAL OVEN: Bake at 425°F for about 20 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

Nutrition Facts

40 Servings per container

Serving Size 1 Portion (112g)

Amount Per Serving
Calories **240**

% Daily Value*

Total Fat 10 g **13%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 45 mg **15%**

Sodium 400 mg **17%**

Total Carbohydrates 20 g **7%**

Dietary Fiber 1 g **4%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 16 g

Vitamin D 1 mcg 6%

Calcium 13 mg 2%

Iron 1 mg 6%

Potassium 284 mg 6%

* 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.

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NUTRITIONAL ANALYSIS



Calories	240
Protein	16 g
Total Carbohydrates	20 g
Sugars	0 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	10 g
Trans Fat	0 g
Saturated Fat	1.5 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	45 mg
Vitamin D	1 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	400 mg
Calcium	13 mg
Iron	1 mg
Potassium	284 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



KOSHER	YES
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MORE IMAGES

