

1/10 LB Unbreaded Alaska Pollock Loins 4 oz, MSC

High Liner Unbreaded Pollock Loins represent a most desirable part of the species. Each is portioned and processed for easy prep and to cook to tender, flaky perfection in the oven with excellent plate consistency and appeal.

Product Last Saved Date: 25 April 2025



Nutrition Facts

40 Servings per container

Serving Size 1 Portion (112g)

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 70 mg 23%

Sodium 180 mg 8%

Total Carbohydrates 0 g 0%

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 19 g

Vitamin D 2 mcg 10%

Calcium 0 mg 0%

Iron 0 mg 0%

Potassium 380 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
06854	00074638068541	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.0 LBR	10.0 LBR	United States	Undeclared	

Shipping Information

Length	Width	Height	Volume	TlxHI	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

Ingredients :

ALASKA POLLOCK. CONTAINS: FISH (POLLOCK).

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: CONVECTION OVEN: Brush loins with melted butter or cooking oil. Sprinkle with bread crumbs and paprika. Place loins on a shallow pan or cookie sheet and bake for approximately 13-15 minutes in an oven preheated to 425°F. With a fork, test for doneness by flaking off loins. Do not overcook. CONVENTIONAL OVEN: Brush loins with melted butter or cooking oil. Sprinkle with bread crumbs and paprika. Place loins on a shallow pan or cookie sheet and bake for approximately 20 minutes in an oven preheated to 425°F. With a fork, test for doneness by flaking off loins. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Serving Suggestions:

Best served as a center of the plate entrée, and ideal for any lighter, healthier dish, particularly for healthcare and assisted living dining. Pairs well with your own complementary sauces and sides.

Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

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



Information subject to change without notice at the discretion of High Liner Foods (USA)
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