



## High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Alaskan Pollock Fillets, approx. 113-170 g / 4-6 oz

Wild-caught in the North Pacific, these IQF Pollock Fillets offer great value and versatility for various applications. These fillets are the right size for easy preparation, your choice of cooking method, cooked to perfection, tender and flaky. These separately frozen pollock fillets offer great value and versatility for various applications in no time and offer excellent consistency and appeal no matter what you have in store. MSC Certified.

Product Last Saved Date: 13 June 2025



## Nutrition Facts

Servings per container  
**Serving Size Per about 1 fillet (142 g)**

**Amount Per Serving**  
**Calories** **100**

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

<b>Protein</b> 22 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 0.4 mg	2%
Potassium 400 mg	12%

\* 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
12300215	10061763002158	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.886 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37.2 CMT	25 CMT	12.6 CMT	0.012 MTQ	12x15	547 Days	

### Ingredients :

Alaskan pollock, Water, Sodium phosphate (to retain moisture). Contains: Alaskan pollock (fish).

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

### Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FOR BEST RESULTS, cook from frozen. Cook until a minimum internal temperature of 158°F (70°C) is reached. TO THAW, place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

### Species / Scientific Name:

### Serving Suggestions:

High Liner Alaskan Pollock Fillets may be grilled, baked, poached, broiled, battered and deep-fried, offering maximum menu versatility.

### Claims & Child Nutrition:

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

