

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

100

Calories	100
	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 80 mg	%
Sodium 340 mg	15%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 22 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 0.4 mg	2%
Potassium 400 mg	12%

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	TIxHI	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.

Serving Suggestions:

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

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:

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







Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page 1 of 1

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