

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: 17 February 2025



HIGH LINER
FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (142 g)

Amount Per Serving

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 **9%**

* 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	-25 CEL / -18 CEL

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 deep-fried 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)
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