



## 6/3 Lb Oven Ready Crunchy Breaded Alaska Pollock Sticks 0.7 oz, Kosher

High Liner Foodservice Oven Ready Crunchy Breaded Alaska Pollock Sticks provide a quick and simple way to bring great tasting seafood into your kitchen. They are made with a mild & tender white fish and then coated with a crispy-crumb coating that cooks to a golden brown perfection. A convenient reclosable bag makes them a cinch to take from freezer to oven, and to your table. Golden Crunchy Fish Sticks- an easy way to a satisfying snack or meal!

Product Last Saved Date: 25 March 2025



## Nutrition Facts

11 Servings per container  
**Serving Size 6 Sticks (118g)**

**Amount Per Serving**  
**Calories 280**

	% Daily Value*
<b>Total Fat</b> 10 g	<b>13%</b>
Saturated Fat 1.5 g	<b>8%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 35 mg	<b>12%</b>
<b>Sodium</b> 550 mg	<b>24%</b>
<b>Total Carbohydrates</b> 32 g	<b>12%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 1 g	
Includes 0 g Added Sugars	<b>0%</b>

<b>Protein</b> 14 g	
Vitamin D 1.1 mcg	6%
Calcium 0 mg	0%
Iron 1.8 mg	10%
Potassium 250 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.

Product Specifications :		
Code	GTIN	Type Of Catch
10022898	10079149228986	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
20 LBR	18 LBR	N/A	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15 INH	11.6875 INH	12.125 INH	1.2301 FTQ	10x3	547 Days	-10 FAH / 0 FAH

Ingredients :						
Minced Alaska Pollock, enriched bleached wheat flour (flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), wheat flour, vegetable oil (canola, cottonseed, and/or soybean), enriched wheat flour (flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, contains 2% or less of: salt, natural flavors, dextrose, onion powder, modified corn starch, yeast, leavening (sodium acid pyrophosphate, sodium bicarbonate). CONTAINS: FISH (POLLOCK), WHEAT						

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

### Prep & Cooking Suggestions:

TO BAKE: Conventional Oven: Preheat oven to 400°F. Place frozen sticks on a shallow baking pan. Bake 20-25 minutes. Convection Oven: Preheat oven to 375°F. Place frozen sticks on a shallow baking pan. Bake 15-20 minutes. TO FRY: Deep fry in oil at 360°F for 3-4 minutes. NOTE: Since appliances vary, these cooking instructions are only a guideline. Cook to an internal temperature of 165°F minimum.

### Serving Suggestions:

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

### Species / Scientific Name:

Pollock - Gadus chalcogrammus

### Claims & Child Nutrition:

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

