



1/30 LB Fish-In-A-Minute Breaded Alaska Pollock Squares 2.5 oz Par-fried

Save on labor while eliminating waste with our Fish-In-A-Minute Breaded Alaska Pollock Squares. These squares heat up crisp on the outside and tender on the inside in about one minute from thawed. Easy to prepare in the oven, microwave, or deep fryer.

Product Last Saved Date: 01 July 2025



Nutrition Facts

96 Servings per container

Serving Size 2 Portions (140g)

Amount Per Serving  
Calories 280

	% Daily Value*
Total Fat 12 g	15%
Saturated Fat 2 g	10%
Trans Fat 0 g	
Cholesterol 40 mg	14%
Sodium 560 mg	25%
Total Carbohydrates 27 g	10%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 14 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 1.1 mg	6%
Potassium 190 mg	4%

\* 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
23253	10070737232538	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
33 LBR	30.0 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.8125 INH	11.8125 INH	10.125 INH	1.3713 FTQ	8x4	365 Days	-10 FAH / 0 FAH

Ingredients :

ALASKA POLLOCK, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, DISODIUM INOSINATE, DISODIUM GUANYLATE, YELLOW CORN FLOUR, NATURAL FLAVORS, SALT, ONION POWDER, YEAST, DEXTROSE. 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:

HANDLING INSTRUCTIONS: STORE FROZEN OR THAW IN REFRIGERATOR AND STORE UP TO 10 DAYS. COOKING INSTRUCTIONS: COOK TO AN INTERNAL TEMPERATURE OF 165°F. MICROWAVE OVEN: Microwave thawed portions on HIGH for 45-60 seconds. Microwave frozen portions on HIGH for 1 1/2-2 minutes. Let stand 1 minute before serving. FRYER: Deep fry at 360°F for 1-2 minutes (from thawed) or 2-3 minutes (from frozen). CONVENTIONAL OVEN: Bake frozen portions in 400°F oven for approx. 15 minutes. CONVECTION OVEN: Bake frozen portions in 375°F oven for approx 12 minutes. FLAT GRILL: Grill at 350°F for 5 minutes (from thawed) or 9 minutes (from frozen).

Serving Suggestions:

Use in a fish sandwich. Serve with your favorite potato dish or pasta salad and vegetable salad.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

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

