

## 30 Lb (13.6 kg) 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: 20 October 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%
<b>Protein</b> 14 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 1.1 mg	6%
Potassium 190 mg	4%

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	TIxHI	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 - 30	Milk - 30	Soy - 30			
Fish - C	Wheat - C	TreeNuts - 30			
Peanuts - 30	Crustacean - 30	Sesame - 30			

### 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:







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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