



10 Lb (4.54 kg) Lightly Breaded Pollock Portions, 8 oz, MSC

High Liner Lightly Breaded Pollock Portions combine a natural appearance with superior plate consistency and value. Here, quality wild caught Pollock are lightly breaded and seasoned for the perfect flavorful outer crunch, with the tender flakiness of this species preserved inside. Each ready-to-cook portion cooks from frozen, and goes from fryer to plate to enjoyment in minutes.

Product Last Saved Date: 01 July 2025



Nutrition Facts

20 Servings per container
Serving Size 1 Portion (224g)

Amount Per Serving
Calories 280

	% Daily Value*
Total Fat 2 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 100 mg	33%
Sodium 670 mg	29%
Total Carbohydrates 35 g	13%
Dietary Fiber 1 g	3%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%

Protein 31 g	
Vitamin D 2.9 mcg	15%
Calcium 30 mg	2%
Iron 0.9 mg	6%
Potassium 580 mg	10%

* 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
06078	00074638060781	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :

POLLOCK, BLEACHED WHEAT FLOUR, WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, NATURAL FLAVORS, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, SALT, 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:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 4-5 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Serving Suggestions:

Perfectly sized for fish baskets, fish sandwiches, or buffet options. Pairs extremely well with traditional seafood sauces, or your own signature sauces, and a variety of sides.

Claims & Child Nutrition:

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

