

1/10 LB Spinach Florentine Stuffed Alaska Pollock Portions, 4 oz, MSC

Fishery Products Spinach Florentine Stuffed Alaska Pollock Fillets are as delectable as they sound. Wild caught Alaska Pollock fillets are coated in lightly seasoned breading, then stuffed with savory-seasoned spinach and a light cream sauce. Each oven-ready, consistently-sized fillet cooks from frozen to perfection in minutes for a superbly rich, flaky seafood dish like no other with true from-scratch quality without the from-scratch mess.

Product Last Saved Date: 26 August 2025

HIGH LINER FOODSERVICE™

Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g/about 1 piece)

Amount Per Serving	
Calories	**180**
	% Daily Value*
Total Fat 8 g	**10%**
Saturated Fat 1.5 g	**7%**
Trans Fat 0 g	
Cholesterol 45 mg	**14%**
Sodium 350 mg	**15%**
Total Carbohydrates 13 g	**5%**
Dietary Fiber 1 g	**2%**
Total Sugars 2 g	
Includes 0 g Added Sugars	**0%**
Protein 14 g	
Vitamin D 1.2 mcg	6%
Calcium 70 mg	6%
Iron 1.2 mg	6%
Potassium 290 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
06454	00074638064543	WILD

Brand	GPC Description
FPI	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	

Shipping Information

Length	Width	Height	Volume	TIxHI	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 :

ALASKA POLLOCK, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL AND SOYBEAN OIL), SPINACH, CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO (VEGETABLE COLOR). POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING], CONTAINS 2% OR LESS OF: NONFAT MILK, WHEAT FLOUR, MODIFIED CORN STARCH, MALTODEXTRIN, DEHYDRATED ONION, ROMANO CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, BLEACHED WHEAT FLOUR, SUGAR, EGG WHITES, YELLOW CORN FLOUR, DEHYDRATED GARLIC, YEAST, SPICES, EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), DEXTROSE, NATURAL FLAVOR, BETA CAROTENE (COLOR). CONTAINS: FISH (POLLOCK), WHEAT, MILK, EGGS

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - C	Milk - C	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: SEPARATE AND PLACE FILLETS IN A SHALLOW PAN. CONVECTION OVEN: Preheat oven to 400°F. Bake for 12-14 minutes. CONVENTIONAL OVEN: Preheat oven to 450°F. Bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

Serving Suggestions:

A feast for the eyes, and perfect for dinner or lunch specials or as a fine-dining entrée. Pairs well the complementary side of your choosing.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:





