



## 10.35 Lb (4.69 kg) Crunchy Lites Raw Breaded Alaska Pollock Portions 3.6 oz., Kosher, CN, MSC

High Liner Crunchy Lites Breaded Pollock Portions offer a healthier Child Nutrition-approved option without sacrificing the flavorful crispy bite craved by kids and adults. These wild caught Alaska Pollock portions are coated with a specially seasoned, lower fat breading adding to the naturally low fat, high protein content of this species. Each oven-ready portion cooks from frozen to crunchy light perfection quickly for a truly enjoyable, more nutritious, dining experience.

Product Last Saved Date: 07 January 2026

## Nutrition Facts

46 Servings per container

**Serving Size 1 Portion (101g / 3.6 oz)**

Amount Per Serving

**Calories 160**

% Daily Value\*

**Total Fat 6 g 8%**

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

**Cholesterol 45 mg 15%**

**Sodium 290 mg 13%**

**Total Carbohydrates 13 g 5%**

Dietary Fiber 0 g **0%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

**Protein 14 g**

Vitamin D 1 mcg 6%

Calcium 12 mg 0%

Iron 1 mg 6%

Potassium 261 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
06333	00074638063331	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.39 LBR	10.35 LBR	N/A	Yes	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	547 Days	-10 FAH / 0 FAH

### Ingredients :

71.5% ALASKA POLLOCK; 28.5% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, YELLOW CORN FLOUR, SALT, SUGAR, EGG WHITES, YEAST, GRANULATED GARLIC, EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), SPICES, NATURAL FLAVOR, MALTODEXTRIN. CONTAINS: FISH (POLLOCK), WHEAT, EGGS

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

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

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: CONVECTION OVEN: Bake at 400°F for 12-14 minutes. CONVENTIONAL OVEN: Bake at 450°F for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Serving Suggestions:

Excellent for school lunch, or as a healthier breaded option for healthcare and senior living center dining paired with your favorite complementary sides and sauces.

### Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

### Claims & Child Nutrition:

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

