



## High Liner Foodservice, 4.54 kg / 10 lb, Alaskan Pollock Fish Sticks

High Liner Alaska Pollock Fish Sticks are a high quality, yet budget-friendly version of this popular classic. They're consistently portioned from premium wild caught Alaska Pollock and coated with a light, specially seasoned crispy crumb breading. The result is the ideal blend of crunchy, moist, flavourful flaky Pollock with the exceptional plate coverage and appeal you demand. Individually quick frozen for freshness and preparation ease, they deep-fry or bake from frozen to craveable golden goodness in minutes, and are Cold Plate/Retherm compatible.

Product Last Saved Date: 04 June 2025



### Nutrition Facts

Servings per container  
**Serving Size** Per 5 sticks (125 g)

**Amount Per Serving**  
**Calories** **250**

	% Daily Value*
<b>Total Fat</b> 12 g	<b>16%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 40 mg	<b>%</b>
<b>Sodium</b> 530 mg	<b>23%</b>
<b>Total Carbohydrates</b> 21 g	<b>%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 1 g	
Includes Added Sugars	<b>%</b>

<b>Protein</b> 14 g	
Vitamin D	%
Calcium 40 mg	3%
Iron 1.25 mg	7%
Potassium 250 mg	5%

\* 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
2319	10061763023191	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.126 KGM			Undeclared	No

#### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.6 CMT	24.6 CMT	15 CMT	0.0142 MTQ	13x11	540 Days	

#### Ingredients :

Pollock, Toasted wheat crumbs, Water, Canola oil, Corn starch, Flour (wheat, corn, soy), Modified corn starch, Sugars (sugar, maltodextrin), Salt, Baking powder, Sodium phosphate (to retain moisture), Seasonings (spices, garlic, onion, soy sauce powder), Guar flour. Contains: Pollock (fish), Wheat, Soy.

#### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

#### Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. DEEP FRY: Immerse frozen fish sticks in preheated 350°F (180°C) oil for about 3 min. FORCED AIR CONVECTION OVEN: Place single layer of frozen fish sticks on shallow baking pan in preheated 425°F (220°C) oven for about 6 min. OVEN: Place single layer of frozen fish sticks on shallow baking pan in preheated 450°F (230°C) oven for about 14 min. COLD PLATE/MEAL DELIVERY SYSTEM COMPATIBLE.

#### Serving Suggestions:

These crunchy-delicious Pollock Sticks are perfect on kids menus served with fries. They also make an excellent healthcare dining entrée served with mashed potatoes and sliced carrots.

#### Species / Scientific Name:

#### Claims & Child Nutrition:

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

