

633955 - 1/20 Lb Oven Ready Whole Grain Breaded Pollock 'N Che...

High Liner Whole Grain Golden Crunchy Pollock & Cheese Rectangles are coated with a special cheese-encrusted whole grain breading to ensure a deliciously cheesy crunch with every bite. These oven-ready wild caught Alaska Pollock rectangles cook to perfection in no time, and appeal to kids and adults of all ages. A unique option for a variety of Child Nutrition-approved applicat...



MARKETING



PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
53998	633955	10070737539989	88 x 3.6 OZ

Brand	Brand Owner	GPC Description
High Liner Foodservice	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
22 LBR	20 LBR	No	United States	Undeclared	Yes

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.8125 INH	11.8125 INH	10.125 INH	1.0944 FTQ	10x4	547 Days	-10 FAH / 0 FAH

HANDLING SUGGESTIONS



Keep Frozen

SERVING SUGGESTIONS



Serve in a bun as a sandwich with veggies, salad and fruit. Ideal for school lunch, as well as a healthier breaded option for healthcare and senior living centers.

Nutrition Facts

89 Servings per container	
Serving Size	1 Rectangle (101g)
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 15 g	19%
Saturated Fat 6 g	30%
Trans Fat 0 g	
Cholesterol 50 mg	16%
Sodium 630 mg	28%
Total Carbohydrates 21 g	8%
Dietary Fiber 2 g	6%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 15 g	
Vitamin D 3.5 mcg	
Calcium 170 mg	
Iron 1.3 mg	
Potassium 230 mg	
* 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.	

INGREDIENTS



39.2% ALASKA POLLOCK; 25.0% PASTEURIZED PROCESS AMERICAN CHEESE [CHEESE (CULTURED MILK, SALT, ENZYMES), WATER, CREAM, SKIM MILK, SODIUM PHOSPHATE, SALT, VEGETABLE COLOR (ANNATTO AND PAPRIKA BLEND)]; 35.8% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), DEHYDRATED ONION. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, MILK

ALLERGENS



C = 'Contains'; **MC** = 'May Contain'; **N** = 'Free From'; **UN** = 'Undeclared'; **30** = 'Free From Not Tested'; **50** = 'Derived from Ingredients'; **60** = 'Not Derived From Ingredients'; **NI** = 'No Info'

- Milk - C
- Eggs - N
- Soybean - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree - N
- Fish - C
- Shellfish - NI
- Crustaceans - N

MORE INFORMATION



High Liner Foodservice

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NUTRITIONAL ANALYSIS

Calories	280	Total Fat	15 g	Sodium	630 mg
Protein	15 g	Trans Fat	0 g	Calcium	170 mg
Total Carbohydrates	21 g	Saturated Fat	6 g	Iron	1.3 mg
Sugars	1 g	Added Sugars	0 g	Potassium	230 mg
Dietary Fiber	2 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	50 mg	Thiamin	
Vitamin A (IU)		Vitamin D	3.5 mcg	Niacin	
Vitamin A (RE)		Vitamin E		Riboflavin	
Vitamin C		Folate		Vitamin B-12	
Magnesium		Vitamin B-6		Nitrates	
Monosodium		Sulphites			

NUTRITIONAL CLAIMS

MORE IMAGES

