

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 | TlxHI | 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 |

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
- Soy - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - C
- Shellfish - NI

HANDLING SUGGESTIONS



Keep Frozen

MORE INFORMATION



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.

PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVENTIONAL OVEN: Bake at 400°F for 22-25 minutes. CONVECTION OVEN: Bake at 375°F for 13-15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

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 | 15% |
| Calcium 170 mg | 15% |
| Iron 1.3 mg | 8% |
| Potassium 230 mg | 4% |

* 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

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NUTRITIONAL ANALYSIS



| | |
|---------------------|------|
| Calories | 280 |
| Protein | 15 g |
| Total Carbohydrates | 21 g |
| Sugars | 1 g |
| Dietary Fiber | 2 g |
| Lactose | |
| Sucrose | |
| Vitamin A (IU) | |
| Vitamin A (RE) | |
| Vitamin C | |
| Magnesium | |
| Monosodium | |

| | |
|---------------------|---------|
| Total Fat | 15 g |
| Trans Fat | 0 g |
| Saturated Fat | 6 g |
| Added Sugars | 0 g |
| Polyunsaturated Fat | |
| Monounsaturated Fat | |
| Cholesterol | 50 mg |
| Vitamin D | 3.5 mcg |
| Vitamin E | |
| Folate | |
| Vitamin B-6 | |
| Sulphites | |

| | |
|--------------|--------|
| Sodium | 630 mg |
| Calcium | 170 mg |
| Iron | 1.3 mg |
| Potassium | 230 mg |
| Zinc | |
| Phosphorus | |
| Thiamin | |
| Niacin | |
| Riboflavin | |
| Vitamin B-12 | |
| Nitrates | |

NUTRITIONAL CLAIMS



MORE IMAGES

