

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

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.

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

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

Peanuts - N

Eggs - N

Tree - N

Soybean - N

Fish - C

Wheat - C

Shellfish - NI

Sesame - N

Crustaceans - N

MORE INFORMATION



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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



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