# 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



# **Nutrition Facts**

89 Servings per container

**Serving Size** 1 Rectangle (101g)

**Amount Per Serving Calories** 

0%

4%

	% 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 Protein 15 g

Potassium 230 mg

MORE INFORMATION

Vitamin D 3.5 mcg	15%
Calcium 170 mg	15%
Iron 1.3 mg	8%

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

#### 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 TIxHI Shelf Life Storage Tem					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**



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.

PREPARATION & COOKING 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.



#### **ALLERGENS**



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

(₽) Milk - C







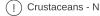




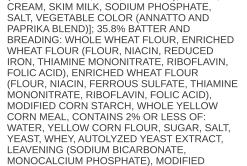








#### INGREDIENTS



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

39.2% ALASKA POLLOCK; 25.0% PASTEURIZED

PROCESS AMERICAN CHEESE [CHEESE (CULTURED MILK, SALT, ENZYMES), WATER,



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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









