

10 Lb (4.54 kg) Fully Cooked Panko Breaded Sandwich Portion, 3 oz, MSC

Crafted with premium, fresh panko breading, our fully cooked Panko Breaded Sandwich Portion is your go-to for a signature Fish Sandwich that stands out. Deliver the irresistible crunch of deep-fried, crispy coating paired with flaky, tender fish—all without the hassle of a fryer.

Product Last Saved Date: 28 October 2025



Nutrition Facts

48 Servings per container

Serving Size 3 oz (84g / About 1 Piece)

Amoun	t Per	Serv	ing
Cal	or	ie	S

180

Calories	100
	% Daily Value*
Total Fat 7 g	9%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 30 mg	10%
Sodium 460 mg	20%
Total Carbohydrates 17 g	6%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 10 g	
Vitamin D 0 mcg	0%
Calcium 47 mg	4%
Iron 3 mg	15%
Potassium 123 mg	2%

Product Specifications :				
	Code	GTIN	Type Of Catch	
	12300360	10035493003600	WILD	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.98 LBR	10 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.63 INH	9.61 INH	6.3 INH	0.601 FTQ	10x6	547 Days	-10 FAH / 0 FAH

Ingredients:

POLLOCK, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID) WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), CONTAINS LESS THAN 2% OF THE FOLLOWING: MODIFIED FOOD STARCH, SALT, TAPIOCA STARCH, GARLIC POWDER, YEAST, CORN FLOUR, SUGAR, GUAR GUM, YEAST EXTRACT. CONTAINS: POLLOCK (FISH), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - N	Milk - N	Soy - N		
Fish - C	Wheat - C	TreeNuts - N		
Peanuts - N	Crustacean - N	Sesame - N		

Prep & Cooking Suggestions:

HEATING INSTRUCTIONS: HEAT FROM FROZEN TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 425°F and bake for 12-13 minutes, flipping halfway. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 17-19 minutes, flipping halfway. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE A GUIDELINE ONLY.

Serving Suggestions:

Create a Seafood Bahn Mi with a crispy, golden Panko Breaded Pollock portion layered with crisp iceberg lettuce, tangy pickled daikon and carrots, and sliced Fresno and jalapeño peppers. Fresh cilantro adds an aromatic touch, all nestled inside a toasted brioche hot dog bun for a buttery, satisfying bite. Serve with a side of chili-lime aioli or sweet soy glaze to elevate this flavorful sandwich.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes
Has CN Statement: No

CN Statement: