

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: 24 February 2026



Nutrition Facts

48 Servings per container

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

Amount Per Serving

Calories 180

% 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%**

* 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.

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	TlxHI	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' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - C	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

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:



Information subject to change without notice at the discretion of High Liner Foods (USA)
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