

10 Lb (4.54 kg) Pollock Loins 3 oz

Wild caught High Liner Foodservice Pollock Loins are a back of house staple with excellent value and versatility. The most desirable part of the fish, each loin bakes to tender, flaky fish perfection with great plate consistency and appeal. Ready to enhance a variety of your Pollock recipes, these quality loins can easily be cooked from frozen or thawed.

Product Last Saved Date: 20 October 2025



HIGH LINER
FOODSERVICE™



Nutrition Facts

40 Servings per container

Serving Size 112g / about 1 1/2 pieces

Amount Per Serving

Calories 60

	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 50 mg	17%
Sodium 180 mg	8%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 14 g

Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0 mg	0%
Potassium 180 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.

Product Specifications :

Code	GTIN	Type Of Catch
12300132	10035493001323	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.9 LBR	10 LBR	CN, ID	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8474 INH	7.8553 INH	5.75 INH	0.4142 FTQ	15x7	547 Days	-10 FAH / 0 FAH

Ingredients :

POLLOCK. CONTAINS: FISH (POLLOCK)

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 - INII	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Serving Suggestions:

Best served as a center of the plate entrée. Pairs well with a variety of complementary sauces and sides.

Claims & Child Nutrition:

BAP Certified:
MSC Certified:
Has CN Statement: No
CN Statement: