



# 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: 01 July 2025



## Nutrition Facts

40 Servings per container

**Serving Size 112g / about 1 1/2 pieces**

Amount Per Serving	
<b>Calories</b>	<b>60</b>
	% Daily Value*
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 50 mg	<b>17%</b>
<b>Sodium</b> 180 mg	<b>8%</b>
<b>Total Carbohydrates</b> 0 g	<b>0%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 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'):		
Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - N	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

**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: