

10 Lb (4.54 kg) Lightly Breaded Pollock Tail Portions 5 oz, MSC

High Liner Pollock Tails Portions combine excellent value with superior plate consistency. Each wild caught Pollock Tail portion is coated with a specially seasoned breading, and ready to cook from frozen to an irresistibly crunchy, tender flaky fish bite in every bite. Preparation is easy. Simply fry and serve.

Product Last Saved Date: 20 October 2025



Nutrition Facts

32 Servings per container

Serving Size 1 Portion (140g)

Amount Per Serving

| Calories | 190 |
|---------------------------|----------------|
| | % Daily Value* |
| Total Fat 1 g | 2% |
| Saturated Fat 0 g | 0% |
| Trans Fat 0 g | |
| Cholesterol 60 mg | 20% |
| Sodium 460 mg | 20% |
| Total Carbohydrates 25 g | 9% |
| Dietary Fiber 1 g | 2% |
| Total Sugars 0 g | |
| Includes 0 g Added Sugars | 0% |
| Protein 19 g | |
| Vitamin D 1.8 mcg | 8% |
| Calcium 0 mg | 0% |
| Iron 0.6 mg | 4% |
| Potassium 360 mg | 8% |

| Product Specifications : | | | | | |
|--------------------------|----------------|---------------|--|--|--|
| Code GTIN | | Type Of Catch | | | |
| 06075 | 00074638060750 | WILD | | | |

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

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 11 LBR | 10 LBR | N/A | Undeclared | No |

| Shipping Information | | | | | | |
|----------------------|------------|-----------|------------|-------|------------|----------------------|
| Length | Width | Height | Volume | TIxHI | Shelf Life | Storage Temp From/To |
| 15.8125 INH | 7.8125 INH | 8.625 INH | 0.6166 FTQ | 15x5 | 540 Days | -10 FAH / 0 FAH |

Ingredients:

POLLOCK, BLEACHED WHEAT FLOUR, WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, NATURAL FLAVORS, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, ${\sf RIBOFLAVIN,\,FOLIC\,ACID),\,SOYBEAN\,OIL,\,SALT,\,DEXTROSE.\,CONTAINS:\,FISH\,(POLLOCK),\,WHEAT}$

| Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'): | | | | |
|--|-----------------|---------------|--|--|
| Eggs - 30 | Milk - 30 | Soy - 30 | | |
| Fish - C | Wheat - C | TreeNuts - 30 | | |
| Peanuts - 30 | Crustacean - 30 | Sesame - 30 | | |

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: DEEP FRYER: Deep fry portions for 4-5 minutes at 350°F or until golden brown, drain and serve. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Serving Suggestions:

Perfectly sized for fish baskets, fish sandwiches, or buffet options. Pairs extremely well with traditional seafood sauces, or your own signature sauces, and a variety of sides.

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) http://www.highlinerfoods.com

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