

# 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%

\* 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
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	TlxHI	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, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, SALT, DEXTROSE. CONTAINS: FISH (POLLOCK), 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:

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:

