

# 1/10 LB Oven Ready Breaded Pollock Portions, Made from minced fish, 4 oz

The perfect oven ready menu solution for quality breaded portions on a budget. The ideal addition to your menu.

Product Last Saved Date: 26 March 2025

HIGH LINER FOODSERVICE™

## Nutrition Facts

40 Servings per container

**Serving Size** **1 Portion (112g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **280** |
| | **% Daily Value*** |
| **Total Fat** 13 g | **16%** |
| Saturated Fat 2 g | **10%** |
| *Trans* Fat 0 g | |
| **Cholesterol** 25 mg | **9%** |
| **Sodium** 610 mg | **27%** |
| **Total Carbohydrates** 31 g | **11%** |
| Dietary Fiber 1 g | **4%** |
| Total Sugars 2 g | |
| Includes 0 g Added Sugars | **0%** |
| **Protein** 10 g | |
| Vitamin D 0 mcg | 0% |
| Calcium 0 mg | 0% |
| Iron 2 mg | 10% |
| Potassium 130 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 |
|---|---|---|
| 53474 | 10070737534748 | WILD |

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

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|---|---|---|---|---|
| 11.0 LBR | 10.0 LBR | N/A | Undeclared | |

**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 :

MINCED POLLOCK, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), WATER, CONTAINS 2% OR LESS OF: ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NATURAL FLAVORS, YELLOW CORN FLOUR, YEAST, SUGAR, BLEACHED WHEAT FLOUR, SALT, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), DEXTROSE, PAPRIKA EXTRACT (COLOR). CONTAINS: FISH (POLLOCK), WHEAT

**Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):**

| | | |
|---|---|---|
| Eggs - N | Milk - N | Soy - N |
| Fish - C | Wheat - C | TreeNuts - N |
| Peanuts - N | Crustacean - N | Sesame - N |

## Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled baking sheet. CONVENTIONAL OVEN: Bake at 400°F for 25-30 minutes. CONVECTION OVEN: Bake at 375°F for 20-25 minutes. COOK TO AN INTERNAL TEMPERATURE OF 155°F.

## Species / Scientific Name:

Pollock - Gadus chalcogrammus

## Serving Suggestions:

Serve on a bun as a fish sandwich with tartar sauce, cole slaw and oven fries.

## Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:





