



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



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	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 :

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'):

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:

