



High Liner Foodservice, 4.54 kg / 10 lb, Breaded Alaskan Pollock Portions, approx 114 g / 4 oz

High Liner Foodservice Breaded Pollock Fillets offer a high-quality, budget-friendly menu item your patrons will certainly love. Here, natural cuts of quality wild caught Pollock are coated in a specially seasoned, light, crispy breading. Each fillet quickly deep-fries or bakes to golden crunchy perfection, preserving the mild, delicate taste and slightly firm texture of this species. These deliciously crispy fillets are extremely simple to prepare, and deliver the exact plate coverage and appeal you not only want, but demand.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container
Serving Size Per 1 portion (114 g)

Amount Per Serving
Calories 270

% Daily Value*	
Total Fat 14 g	19%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 30 mg	%
Sodium 560 mg	24%
Total Carbohydrates 25 g	%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes Added Sugars	%

Protein 12 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 1.5 mg	8%
Potassium 200 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
1086702	00059111867026	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.22 KGM			Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
38.6 CMT	24.6 CMT	15 CMT	0.0142 MTQ	13x11	540 Days	

Ingredients :

Pollock, Toasted wheat crumbs, Water, Canola oil, Modified corn starch, Flour (wheat, corn, soy), Sugar, Salt, Baking powder, Milk ingredients, Sodium phosphate (to retain moisture), Spices, Xanthan gum, Guar flour, Caramel. Contains: Pollock (fish), Wheat, Soy, Milk.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. DEEP FRY: Immerse frozen fillets in preheated 350°F / 180°C oil for about 7 min or until golden brown. FORCED AIR CONVECTION OVEN: Place single layer of frozen portions on a greased baking pan. Cook in preheated 400°F / 200°C oven for about 15-16 min. OVEN: Place single layer of frozen portions a greased baking pan. Cook in preheated 425°F / 220°C oven for about 18-19 min. Turn once during cooking.

Serving Suggestions:

These crispy Pollock Fillets are delicious served with chives, a cherry tomato and dollop of yogurt. Or try them with low cal garlic mashed potatoes and a baked tomato filled with corn.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:
MSC Certified:
Has CN Statement: No
CN Statement:

