

High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Alaskan Pollock Fillets, approx. 57-113 g / 2-4 oz

Wild-caught in the North Pacific, these IQF Pollock Fillets offer great value and versatility for various applications. These fillets are the right size for easy preparation, your choice of cooking method, cooked to perfection, tender and flaky. These separately frozen pollock fillets offer great value and versatility for various applications in no time and offer excellent consistency and appeal no matter what you have in store. MSC Certified.

Product Last Saved Date: 13 June 2025



Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (85 g)

Amount Per Serving

6C

| Calories | 00 |
|-------------------------|----------------|
| | % Daily Value* |
| Total Fat 0.5 g | 1% |
| Saturated Fat 0 g | 0% |
| Trans Fat 0 g | |
| Cholesterol 45 mg | % |
| Sodium 200 mg | 9% |
| Total Carbohydrates 0 g | % |
| Dietary Fiber 0 g | 0% |
| Total Sugars 0 g | |
| Includes Added Sugars | % |
| Protein 13 g | |
| Vitamin D | % |
| Calcium 10 mg | 1% |
| Iron 0.2 mg | 1% |
| Potassium 250 mg | 7% |

| Product Specifications : | | | | | |
|--------------------------|------|---------------|--|--|--|
| Code | GTIN | Type Of Catch | | | |
| 12300214 10061763002141 | | | | | |

| Brand | GPC Description | | |
|------------------------|--|--|--|
| High Liner Foodservice | Fish - Unprepared/Unprocessed (Frozen) | | |

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 4.886 KGM | | | Undeclared | No |

| Shipping Information | | | | | | |
|----------------------|--------|----------|-----------|-------|------------|----------------------|
| Length | Width | Height | Volume | TIxHI | Shelf Life | Storage Temp From/To |
| 37.2 CMT | 25 CMT | 12.6 CMT | 0.012 MTQ | 12x15 | 547 Days | |

Ingredients:

Alaskan pollock, Water, Sodium phosphate (to retain moisture). Contains: Alaskan pollock (fish).

| 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. FOR BEST RESULTS, cook from frozen. Cook until a minimum internal temperature of 158°F (70°C) is reached. TO THAW, place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

Serving Suggestions:

High Liner Alaskan Pollock Fillets may be grilled, baked, poached, broiled, battered and deepfried, offering maximum menu versatility.

Species / Scientific Name:

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 Page 1 of 1

Printed on 31 October 2025 Powered by Syndigo LLC - http://www.syndigo.com