

### 10 Lb (4.54 kg) Battered Pollock Diamond Cuts, 3 oz, Kosher

High Liner Foodservice Battered Pollock Diamond Cuts are wild caught Pollock deliciously battered and specially diamond cut for excellent versatility and unique plate appeal. Each perfectly seasoned cut bakes or deep fries to crunchy perfection in minutes to fit a variety of battered fish applications.

Product Last Saved Date: 20 October 2025

## **Nutrition Facts**

53 Servings per container

Serving Size

1 Portion (84g)

# Amount Per Serving

170

Calories	170
	% Daily Value*
Total Fat 9 g	12%
Saturated Fat 0.5 g	4%
Trans Fat 0 g	
Cholesterol 20 mg	6%
Sodium 440 mg	19%
Total Carbohydrates 14 g	5%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 7 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0.7 mg	4%
Potassium 0 mg	0%

Product Specifications :				
Code	GTIN	Type Of Catch		
10004226	10073538042269	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	Yes	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.6969 INH	7.6969 INH	8.3937 INH	0.5869 FTQ	15x5	547 Days	-10 FAH / 0 FAH

#### Ingredients:

POLLOCK, WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, BLEACHED WHEAT FLOUR, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SPICES, SALT, IODIZED SALT, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: POLLOCK (FISH), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - C	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

#### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 4-4½ minutes. TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 20 minutes. For best results, flip halfway through baking. INDIVIDUALLY NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

#### Serving Suggestions:

Perfect for fish and chips, as well as appetizers, or to add depth to a salad. Pairs well with malt vinegar, traditional dipping sauces or your own complementary sauce recipe.

#### Species / Scientific Name:

Pollock - Gadus chalcogrammus

#### **Claims & Child Nutrition:**

BAP Certified:

MSC Certified:

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

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