

10 Lb (4.54 kg) Pollock Loins 4 oz

Wild caught High Liner Foodservice Pollock Loins are a back of house staple with excellent value and versatility. The most desirable part of the fish, each loin bakes to tender, flaky fish perfection with great plate consistency and appeal. Ready to enhance a variety of your Pollock recipes, these quality loins can easily be cooked from frozen or thawed.

Product Last Saved Date: 20 October 2025

Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g/About 1 Loin)

Amount Per Serving Calories

90

| 9 | 6 Daily Value |
|---------------------------|---------------|
| Total Fat 0 g | 0% |
| Saturated Fat 0 g | 0% |
| Trans Fat 0 g | |
| Cholesterol 70 mg | 23% |
| Sodium 180 mg | 8% |
| Total Carbohydrates 0 g | 0% |
| Dietary Fiber 0 g | 0% |
| Total Sugars 0 g | |
| Includes 0 g Added Sugars | 0% |
| Protein 19 g | |
| Vítamin D 2 mcg | 10% |
| Calcium 0 mg | 0% |
| Iron 0 mg | 0% |
| Potassium 380 mg | 89 |

| Product Specifications : | | | |
|--------------------------|----------------|---------------|--|
| Code | GTIN | Type Of Catch | |
| 21020510 | 00079149205102 | WILD | |

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

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|-----------------|---------------|--|------------|----------------|
| 11.6 LBR | 10.0 LBR | CN, ID, CA, US, PL, MX, NL, NA, AE, TH, ZA, LT, VN | Undeclared | No |

| Shipping Information | | | | | | |
|----------------------|-----------|-----------|------------|-------|------------|----------------------|
| Length | Width | Height | Volume | TIXHI | Shelf Life | Storage Temp From/To |
| 15.813 INH | 7.813 INH | 6.375 INH | 0.4558 FTQ | 15x6 | 540 Days | -10 FAH / 0 FAH |

Ingredients:

CONTAINS: FISH (POLLOCK)

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

Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Serving Suggestions:

nutrition advice.

Best served as a center of the plate entrée, the low fat, high protein content make this a great choice for lighter dishes or healthier options. Pairs well with a variety of complementary sauces and sides.

Claims & Child Nutrition:

BAP Certified: MSC Certified:

Has CN Statement: No

CN Statement:







