

633751 - 1/18 LB Oven Ready Whole Grain Golden Crunchy Breaded...

High Liner Whole Grain Golden Crunchy Breaded Alaska Pollock Rectangles are quick and easy to prepare, and ensure a flavorful crunch in every bite. These kid-friendly seasoned, whole grain breaded portions come ready to bake from frozen to golden crunchy perfection in minutes, with the consistency and plate appeal you demand. Perfect for school menus and a variety of other Chil...



MARKETING



PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack			
1089300	633751	10035493893003	80 x 3.6 OZ			
Brand		Brand Owner	GPC Description			
High Liner Foodservice		High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
19.8 LBR	18 LBR	No	United States	Undeclared	Yes	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.6969 INH	9.6969 INH	9.8937 INH	0.8715 FTQ	13x4	547 Days	-10 FAH / 0 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
TRACEABILITY_REGULATION	FSMA204	TRUE	N/A			

HANDLING SUGGESTIONS



Keep Frozen

ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Eggs - N
- Soybean - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree - N
- Fish - C
- Shellfish - NI
- Crustaceans - N

Nutrition Facts

80 Servings per container

Serving Size 1 Portion (101g)

Amount Per Serving
Calories **180**

% Daily Value*

Total Fat 7 g **9%**

Saturated Fat 1 g **6%**

Trans Fat 0 g

Cholesterol 45 mg **15%**

Sodium 270 mg **12%**

Total Carbohydrates 16 g **6%**

Dietary Fiber 1 g **5%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

Protein 15 g

Vitamin D 1.3 mcg 6%

Calcium 0 mg 0%

Iron 1.1 mg 6%

Potassium 300 mg 6%

* 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.

INGREDIENTS



71.3% ALASKA POLLOCK; 28.7% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DEHYDRATED ONION, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, MILK

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PREPARATION & COOKING SUGGESTIONS

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled sheet pan. **CONVECTION OVEN:** Preheat oven to 375°F and bake for 15-17 minutes. **CONVENTIONAL OVEN:** Preheat oven to 425°F and bake for 20-22 minutes. **NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.**

SERVING SUGGESTIONS

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features. Ideal as a school lunch P.L.T. (Pollock, Lettuce, and Tomato) sandwich with fruit or your veggie of choice.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	180
Protein	15 g
Total Carbohydrates	16 g
Sugars	1 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	45 mg
Vitamin D	1.3 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	270 mg
Calcium	0 mg
Iron	1.1 mg
Potassium	300 mg
Zinc	
Phosphorus	140 mg
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

MORE IMAGES

