



1/10 LB Fire Roasters Citrus Peppercorn Alaska Pollock Portions, MSC

FPI Citrus Peppercorn Alaska Pollock Fillets are part of this original thick-cut, flame-seared line of seafood. This features wild caught Alaskan Pollock with smoky on-trend FireRoasters™ seasoning and the right touch of citrus peppercorn. Each fillet is oven or microwave-ready, and cooks from frozen to deliciously moist fish perfection, with authentic flame-seared flavor and appearance without the hassle of the grill.

Product Last Saved Date: 25 March 2025



Nutrition Facts

39 Servings per container
Serving Size 115g/About 1 Fillet

Amount Per Serving
Calories 110

	% Daily Value*
Total Fat 3.5 g	4%
Saturated Fat 1 g	4%
Trans Fat 0 g	
Cholesterol 65 mg	21%
Sodium 430 mg	19%
Total Carbohydrates 2 g	1%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 19 g	
Vitamin D 1.9 mcg	10%
Calcium 0 mg	0%
Iron 0.4 mg	2%
Potassium 360 mg	8%

* 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
1089336	10035493893362	WILD

Brand	GPC Description
FPI	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10.0 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	540 Days	-10 FAH / 0 FAH

Ingredients :						
POLLOCK, WATER, CONTAINS 2% OR LESS OF: VEGETABLE OIL (CANOLA, COTTONSEED, SOYBEAN, AND/OR SUNFLOWER), SMOKE FLAVOR, PALM OIL, LEMON JUICE SOLIDS, GELATIN, GRILL FLAVOR (FROM SUNFLOWER OIL), SALT, CORN SYRUP SOLIDS, GARLIC POWDER, CORN STARCH, MALTODEXTRIN, CITRIC ACID, ONION POWDER, DEHYDRATED ONION, SPICES, DEHYDRATED GARLIC, NATURAL FLAVORS, DEHYDRATED LEMON PEEL, SUGAR, PAPRIKA EXTRACT (COLOR). CONTAINS: FISH (POLLOCK)						

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fish, charred side up, in a single layer on a lightly oiled shallow baking pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 12-17 minutes. CONVENTIONAL OVEN: Preheat oven to 400°F and bake for 18-22 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Serving Suggestions:

Perfect for grilled seafood platters, as a grilled fish sandwich, or to add a smoky, lemony grilled fish flavor to salads. Pairs well with fresh veggies and the complementary sauce of your choosing.

Species / Scientific Name:

Alaska Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

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

