



## 10/5 LB Pollock Fillets, Cello Pack, Skinless / Boned, Single Frozen, MSC

Wild caught in the icy blue North Atlantic, Icelandic Pollock Cello Fillets give you all sorts of possibilities in the kitchen. The convenient cello packs allow for preferred portioning with simple preparation to fit a variety of applications for your menu. Each can easily be prepared to the cooking method of your choice, and consistently delivers superior plate coverage and appeal with no unnecessary waste.

Product Last Saved Date: 26 August 2025



## Nutrition Facts

20 Servings per container

**Serving Size** 4 oz (112 g)

**Amount Per Serving**

**Calories** 90

% Daily Value\*

**Total Fat** 1 g 1%

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

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 0 mg 0%

Potassium 380 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
21005161	10073538051612	WILD

Brand	GPC Description
Icelandic	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
54.18 LBR	50.0 LBR	Iceland	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.0 INH	10 INH	12.25 INH	1.0634 FTQ	12x3	547 Days	-10 FAH / 0 FAH

### Ingredients :

POLLOCK. 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:

Keep frozen! Store at or below 0°F (-18° C) • Do not refreeze after thawing! Preparation Instructions: Baked: Thaw fillets enough to separate. Add salt to milk and mix. Dip fillets into milk and roll in crumbs; place in well greased baking pan. Pour melted butter or margarine over fillets. Bake in hot oven at 500°F for 10 minutes. Broiled: Thaw fillets enough to separate. Sprinkle with salt and pepper. Place fillets on a pre-heated greased pan about 2 inches from the heat and brush with melted butter or margarine. Broil 5 to 8 minutes. Baste and turn carefully. Brush other side with butter or margarine and broil an additional 5 to 8 minutes. Boiled: Thaw frozen fish fillets enough to separate and cut in pieces 2-3 inches long. Bring water to boiling point and add salt. Add fish and bring to a boil again. Boil gently for 3 minutes. Serve with melted butter. Pan Fried: Thaw fillets enough to separate. Sprinkle with salt and pepper. Beat an egg slightly and blend with 1 tablespoon of milk. Dip fillets in the egg + milk mixture. Fry fillets in moderate heat in about 1/8 inch butter or margarine and 1 tablespoon vegetable oil. Drain on absorbent paper. For food safety and quality, please follow these cooking instructions: Fish is fully cooked when it reaches an internal temperature of 155°F minimum. WARNING: While effort has been made to remove bones from this product, some bones may remain. Please use caution when consuming.

### Serving Suggestions:

High protein with low fat makes this perfect for lighter, healthier entrées, or as a sandwich, as well as portioned atop a fresh salad. Pairs well with your own complimentary sauces and sides.

### Species / Scientific Name:

Pollock - Pollachius virens

### Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:

