



10 Lb (4.54 kg) Fire Roasters Southwest Alaska Pollock Portions 4 oz, MSC

FPI Southwest Alaska Pollock Fillets are part of this original thick-cut, flame-seared line of seafood. These premium wild caught fillets feature the smoky on-trend FireRoasters™ seasoning with just the right amount of Southwest kick. Each goes from microwave or oven to plate in minutes. The result is a deliciously moist fish with authentic flame-seared flavor and appearance without the hassle of the grill.

Product Last Saved Date: 20 October 2025



HIGH LINER
FOODSERVICE™

Nutrition Facts

39 Servings per container

Serving Size 4.1 oz (115 g / About 1 Portion)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 3.5 g **5%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 65 mg **21%**

Sodium 390 mg **17%**

Total Carbohydrates 1 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

Protein 18 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
1089334	10035493893348	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	

Shipping Information

Length	Width	Height	Volume	TlxHI	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 :

INGREDIENTS: ALASKA POLLOCK, WATER, CONTAINS 2% OR LESS OF: VEGETABLE OIL (CANOLA OIL, SOYBEAN OIL, AND SUNFLOWER OIL), PALM OIL, GELATIN, SALT, SUGAR, SPICES, CILANTRO, DEHYDRATED ONION, DEHYDRATED GARLIC, DEHYDRATED RED BELL PEPPER, NATURAL FLAVORS, MALTODEXTRIN, MODIFIED CORN STARCH, VINEGAR SOLIDS, GRILL FLAVOR (FROM SUNFLOWER OIL), NATURAL SMOKE FLAVOR. CONTAINS: FISH (POLLOCK)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - INII	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - NI

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets, charred side up, on a lightly oiled sheet 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 UNTIL AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Perfect as the center of the plate star, the delicious grill flavoring also enlivens grilled seafood platters, and adds a smoky dimension to your salad recipes. Pairs well with fresh veggies, as well as your own complementary sauces.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)
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Printed on 17 May 2026
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