



10 Lb (4.54 kg) Oven Ready Whole Grain Breaded Pollock Bites 0.5 oz, CN, MSC

High Liner Whole Grain Breaded Alaska Pollock Bites are made from premium wild caught Pollock. These delicious bite-sized portions are whole grain breaded for a kid-pleasing outer crunch with tender, flavorful flaky fish inside. Each oven-ready bite cooks perfectly from frozen in minutes to fit a variety of Child Nutrition-approved applications.

Product Last Saved Date: 07 January 2026

Nutrition Facts

40 Servings per container

Serving Size 8 Nuggets (112g)

Amount Per Serving

Calories **230**

% Daily Value*

Total Fat 9 g **11%**

Saturated Fat 1.5 g **7%**

Trans Fat 0 g

Cholesterol 45 mg **15%**

Sodium 320 mg **14%**

Total Carbohydrates 23 g **8%**

Dietary Fiber 2 g **7%**

Total Sugars 1 g

Includes 1 g Added Sugars **1%**

Protein 16 g

Vitamin D 1.3 mcg 6%

Calcium 0 mg 0%

Iron 1.5 mg 8%

Potassium 320 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.

Product Specifications :

Code	GTIN	Type Of Catch
26264	10070737262641	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :

64.2% ALASKA POLLOCK. 35.8% 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), WHOLE YELLOW CORN MEAL, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), DEHYDRATED ONION. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, MILK

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fish bites on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 13-15 minutes. CONVENTIONAL OVEN: Preheat oven to 400°F and bake for 15-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Ideal for school lunch as a rice bowl, for fish tacos or as a simple finger food entrée with your favorite sauce.

Species / Scientific Name:

Alaska 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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