

High Liner Foodservice, 4.54 kg / 10 lb, Big Captain Burgers, Breaded Pollock Fillets, approx. 116 g / 4 oz

This High Liner Foodservice Big Captain Burger® features premium wild caught Alaska Pollock coated in a specially-seasoned, light, crunchy crumb coating. It creates the ideal combination of moist, flaky fish with an irresistible crispy crunch and made-from-scratch appearance. Big Captain Burgers come individually quick frozen for freshness and prep convenience, easily bake or deep fry to perfection, and are Cold Plate/Retherm compatible. An excellent healthy alternative to beef burgers you'll definitely want on your menu.

Product Last Saved Date: 04 June 2025



FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per 1 burger (116 g)

Amount Per Serving

Calories	200
	% Daily Value*
Total Fat 9 g	12%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 50 mg	%
Sodium 520 mg	23%
Total Carbohydrates 16 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 15 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 0.75 mg	4%
Potassium 300 mg	6%
The % Daily Values (DV) tells you how much a nu food contributes to a daily diet. 2,000 calories a d	

Product Specifications :					
Code	GTIN	Type Of Catch			
7025	10061763070256				

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.1 KGM			Undeclared	No

Shipping Information				ation			
	Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
	38.6 CMT	24.6 CMT	15 CMT	0.0142 MTQ	13x11	540 Days	

Ingredients:

Pollock, Toasted wheat crumbs, Water, Canola oil, Corn flour, Modified corn starch, Salt, Seasonings (spices, garlic, onion). Contains: Pollock (fish), Wheat.

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

Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. DEEP FRY: IMMERSE 1-4 FROZEN BURGERS IN PREHEATED 350° F/180° C OIL FOR ABOUT 4 TO 5 MIN OR UNTIL DONE. DO NOT OVERLOAD FRYER. DRAIN ON PAPER TOWEL AND SERVE. FORCED AIR CONVECTION OVEN: PLACE SINGLE LAYER OF FROZEN BURGERS ON SHALLOW BAKING PAN IN PREHEATED 425 °F/220 °C OVEN FOR ABOUT 12 MIN OR UNTIL DONE. TURN AFTER 6 MIN. OVEN: PLACE SINGLE LAYER OF FROZEN BURGERS ON SHALLOW BAKING PAN IN PREHEATED 450 °F/230°C OVEN FOR ABOUT 16 MIN OR UNTIL DONE.

Serving Suggestions:

nutrition advice.

How to build the perfect Big Captain Burger® from the bottom up. Start with a warmed bottom bun. Next (in this order): shredded lettuce, a slice of cheese, Captain Burger Fillet, tartar sauce, and warmed top bun.

Species / Scientific Name:

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) http://www.highlinerfoods.com

Page 1 of 1

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