

10 Lb (4.54 kg) Lightly Breaded Pollock Tail Portions 4 oz, MSC

High Liner Pollock Tails Portions combine excellent value with superior plate consistency. Each wild caught Pollock Tail portion is coated with a specially seasoned breading, and ready to cook from frozen to an irresistibly crunchy, tender flaky fish bite in every bite. Preparation is easy. Simply fry and serve.

Product Last Saved Date: 20 October 2025

Nutrition Facts

40 Servings per container

Serving Size 1 Portion (112g)

Amount Per Serving

Calories 1

Calories	1 10
	% Daily Value
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 50 mg	16%
Sodium 330 mg	14%
Total Carbohydrates 50 g	16%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 15 g	
Vitamin D 1.5 mcg	8%
Calcium 0 mg	0%
Iron 0.5 mg	2%

Product Specifications :					
Code	GTIN	Type Of Catch			
06074	00074638060743	WILD			

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

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

Shipping Information						
Length	Width	Height	Volume	TIxHI	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:

POLLOCK, BLEACHED WHEAT FLOUR, WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, NATURAL FLAVORS, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, SALT, DEXTROSE. CONTAINS: FISH (POLLOCK), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - C	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Deep fry for 4-5 minutes at 350°F or until golden brown, drain and serve. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Serving Suggestions:

Perfect for seafood platters, baskets, and buffets. Pairs well with a variety of sides and the complementary sauce of your choice.

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

Printed on 11 November 2025 Powered by Syndigo LLC - http://www.syndigo.com