



## 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: 01 July 2025

## Nutrition Facts

40 Servings per container

**Serving Size** 1 Portion (112g)

**Amount Per Serving**

**Calories** 140

% 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%

Potassium 290 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
06074	00074638060743	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 :

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 - N	Milk - N	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

### 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:

