

10 Lb (4.54 kg) Crunchy Raw Breaded Pollock Squares 4 oz, MSC

High Liner Crunchy Breaded Pollock Squares feature tender, wild caught shaped Pollock coated in a delicious signature seasoned breading. The result is a pleasantly crispy bite with all the tender flakiness of this species. Each fries up in no time with excellent consistency and plate appeal for a variety of applications.

Product Last Saved Date: 20 October 2025

Nutrition Facts

40 Servings per container

Serving Size 1 Portion (112g)

Amount Per Serving Calories

160

Calories	100
	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 35 mg	11%
Sodium 570 mg	25%
Total Carbohydrates 35 g	11%
Dietary Fiber 0 g	0%
Total Sugars 1 g	
Includes 1 g Added Sugars	1%
Protein 12 g	
Vitamin D 1 mcg	6%
Calcium 0 mg	0%
Iron 0.9 mg	6%
Potassium 220 mg	4%

Product Specifications :			
Code GTIN		Type Of Catch	
1089097	10035493890972	WILD	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.0 LBR	10.0 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, WATER, BLEACHED WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: WHITE CORN FLOUR, WHEAT FLOUR, SALT, NATURAL FLAVOR, SUGAR, CANOLA OIL, YEAST, SPICES, ONION POWDER, GARLIC POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), PAPRIKA EXTRACT (COLOR), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). 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:

nutrition advice.

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 3-5 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Pollock - Gadus chalcogrammus

Serving Suggestions:

Perfect as a center of the plate entrée, as a fish sandwich or portioned atop a fresh salad. Pairs well with traditional seafood sauces, your own complementary sauces, and a variety of sides.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes
Has CN Statement: No
CN Statement:







