



## 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



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

40 Servings per container

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

**Amount Per Serving**

**Calories** 160

% 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%

\* 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
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	

### 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, 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' INII='Intentionally nor Inherently Included'):

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

### Prep & Cooking Suggestions:

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:

