



## High Liner Foodservice, 4.54 kg / 10 lb, Healthy Tonight, Breaded Alaskan Pollock Fillets

High Liner Healthy Tonight™ Breaded Alaska Pollock Fillets feature a light, crunchy breading that seals in all the flavour and slightly firm texture of our premium wild caught Pollock. Healthy Tonight™ Fillets are sodium controlled, yet offer the perfect combination of robust crunch, and mild-tasting fish patrons are looking for. Each simple-to-prepare fillet easily bakes or deep fries to perfection, is Cold Plate/Retherm compatible, and delivers a plate coverage and appeal that exceeds your expectations every time.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container

**Serving Size** Per 1 fillet (119 g)

Amount Per Serving

**Calories** **200**

% Daily Value\*

**Total Fat** 9 g **12%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

**Cholesterol** 45 mg **%**

**Sodium** 400 mg **17%**

**Total Carbohydrates** 16 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

**Protein** 14 g

Vitamin D **%**

Calcium 10 mg **4%**

Iron 0.75 mg **4%**

Potassium 250 mg **5%**

\* 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
1826	10061763018265	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.96 KGM			Undeclared	

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.894 CMT	24.894 CMT	15.587 CMT	0.0151 MTQ	13x11	540 Days	

### Ingredients :

Pollock, Water, Toasted wheat crumbs, Modified corn starch, Canola oil, Seasonings (onion, garlic, spices), Corn flour, Sugar, Sodium phosphate (to retain moisture), Salt, Guar flour. Contains: Pollock (fish), Wheat.

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

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. FORCED AIR CONVECTION OVEN: PLACE SINGLE LAYER OF FROZEN FILLETS ON SHALLOW BAKING PAN IN PREHEATED 425°F/220°C OVEN. BAKE FOR ABOUT 15-17 MIN OR UNTIL DONE. OVEN: PLACE SINGLE LAYER OF FROZEN FILLETS ON SHALLOW BAKING PAN IN PREHEATED 425°F/220°C OVEN. BAKE FOR ABOUT 22-24 MIN OR UNTIL DONE. DEEP FRY: IMMERSSE 1-4 FROZEN FILLETS IN PREHEATED 350°F/180°C OIL FOR ABOUT 7-8 MIN OR UNTIL DONE. COLD PLATE/MEAL DELIVERY SYSTEM COMPATIBLE.

### Serving Suggestions:

These Healthy Tonight™ Fillets are excellent as a light, healthier entrée served with beet slaw and goat cheese salad, or with a tossed salad, curried rice and mixed veggies. Try them with stir-fry veggies on a bed of long grain rice.

### Species / Scientific Name:

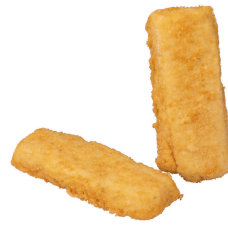
### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)  
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Page 1 of 1

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