

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: 31 August 2026

HIGH LINER FOODSERVICE™

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	TIxHI	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: IMMERSE 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:





