633780 - 1/10 LB Oven Ready Breaded Pollock Sticks, 1 oz, CN, ...

Made from wild caught Pollock, High Liner Breaded Pollock Sticks are a quick and easy, deliciously crispy option with versatile appeal. These specially seasoned breaded portions come ready to fry or bake. Each cooks from frozen to golden crunchy perfection in minutes with the consistency and plate appeal you demand for a variety of Child Nutrition-approved applications.





MARKETING



Nutrition Facts

40 Servings per container

Serving Size

4 Sticks (112a)

Amount Per Serving Calories

Potassium 270 mg

INGREDIENTS

advice.

2%

6%

	% Daily Value*
Total Fat 10 g	13%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 45 mg	15%

Officiesteror 45 mg	13 /0
Sodium 480 mg	21%
Total Carbohydrates 22 g	8%
Diotany Fiber 0 a	00/

Dietary Fiber 0 g Total Sugars 1 g

Includes 1 g Added Sugars Protein 14 g

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Vitamin D 1 mcg	6%
Calcium 14 mg	2%
Iron 1 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

PRODUCT SPECIFICATIONS

С	Code	Dist Prod Code	GTIN	Calculated Pack
0	06791	633780	00074638067919	160 x 1 OZ

Brand	Brand Owner	GPC Description	
High Liner Foodservice	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)	

ı	Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
	11 LBR	10 LBR	No	United States	Undeclared	Yes

Shipping						
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

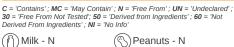
ALLERGENS







Great for school lunches, or as a wrap or sandwich or basket healthcare and senior living center dining paired with your favorite complementary sides and sauces.







(n) Eggs - N

(1) Tree Nuts - N

(M) Shellfish - NI

Fish - C



(🎕) Wheat - C (%) Sesame - N

Keep Frozen



64.11% POLLOCK, 35.89% BATTER AND BREADING (ENRICHED BLEACH WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WATER, YELLOW CORN FLOUR, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEXTROSE, SALT, SOYBEAN OIL, YEAST, PÁPRIKA EXTRÁCT (COLOR), GRANULATED GARLIC, SPICES. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN

OIL. CONTAINS: POLLOCK (FISH), WHEAT

HANDLING SUGGESTIONS



PREPARATION & COOKING SUGGESTIONS

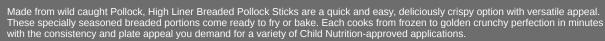


COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Bake at 375°F for 8-12 minutes. CONVENTIONAL OVEN: Bake at 400°F for 15-20 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

MORE INFORMATION



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NUTRITIONAL ANALYSIS

Calories	240
Protein	14 g
Total Carbohydrates	22 g
Sugars	1 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	10 g
Trans Fat	0 g
Saturated Fat	1.5 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	45 mg
Vitamin D	1 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	480 mg
Calcium	14 mg
Iron	1 mg
Potassium	270 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS !!

MORE IMAGES







