

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



PRODUCT SPECIFICATIONS



Code		Dist Prod Code		GTIN		Calculated Pack	
06791		633780		00074638067919		160 x 1 OZ	
Brand		Brand Owner		GPC Description			
High Liner Foodservice		High Liner Foods Inc.		Fish - Prepared/Processed (Frozen)			
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	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	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors	
TRACEABILITY_REGULATION		FSMA204	TRUE			N/A	

HANDLING SUGGESTIONS



Keep Frozen

ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Peanuts - N
- Eggs - N
- Tree - N
- Soybean - N
- Fish - C
- Wheat - C
- Shellfish - NI
- Sesame - N
- Crustaceans - N

INGREDIENTS



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, PAPRIKA EXTRACT (COLOR), GRANULATED GARLIC, SPICES. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: POLLOCK (FISH), WHEAT

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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.

SERVING SUGGESTIONS

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.

MORE INFORMATION

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

