

1 oz WG Golden Crunchy AK Pollock Nuggets, CN

Our easy to prepare, oven-ready fish is breaded with a delicious whole grain coating that ensures a crunch with every tasty bite! Available in a variety of sizes and shapes from sandwich portions to nuggets this is a great lunch or dinner entrée.



Nutrition Facts

40 Servings per container

Serving Size 4 Nuggets

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 8 g 12%

Saturated Fat 1.5 g 8%

Trans Fat 0 g

Cholesterol 50 mg 17%

Sodium 290 mg 12%

Total Carbohydrate 23 g 8%

Dietary Fiber 2 g 8%

Total Sugars 1 g

Includes g Added Sugars %

Protein 15 g

Vitamin D mg %

Calcium mg 2%

Iron mg 8%

Potassium mg %

*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	Pack	Type Of Catch
1089301	10035493893010	4 X 5 LBR	Wild

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LBR	20.0 LBR	USA	No	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
19.8 INH	12.1 INH	7.6 INH	1.1 FTQ	8x5	547 Days	-15 FAH / -14 FAH

Ingredients:

64.2% ALASKA POLLOCK; 35.8% BATTER AND BREADING; WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DRIED ONION, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, MILK

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - C	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen nuggets on a lightly oiled sheet pan.
CONVECTION OVEN: Preheat oven to 375°F and bake for 11-13 minutes.

Serving Suggestions:

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

Species / Scientific Name:

Pollock

Claims & Child Nutrition:

BAP Certified :
MSC Certified : Yes
Has CN Statement : Yes
CN Statement : 2M/1.5G



CN Information :

CN Statement : 2M/1.5G

Suggested Bid : MSC Certified, Sustainable, Single Frozen, Chemical Free, Additive Free, Alaska Pollock Coated with Whole Grain Compliant Breading. For both Commercial and Commodity Purchase. For both Commercial and Commodity Purchase.

Meat/Meat Alternative :
PRODUCT RAW INPUT WT x YIELD = ACTUAL 1.0 oz Nugget. 0.6420
oz .78 = 0.5008 oz 4 x 1.0 oz Nuggets x 0.5008 oz meat/nugget = 2.0030
oz DECLARED 2.00oz

WholeGrain Credit Calculation : 12.2992% Whole Grain / 22.5592% Total Grain Component = 54.5197% Whole Grain 4 x 1.0 oz Nugget x 0.225592 (% Creditable Grains from Batter & Breader) = 0.9024 oz creditable grains/ 4 x 1 oz nuggets (0.9024 oz Creditable Grains/ 4 nuggets x 28.35g/oz) / 16.0 g/oz equiv whole grains = 1.5989 oz equiv whole grains/ 4 nuggets DECLARE 1.50 oz Equivalent Grains / 4 nuggets

Label Copy

*Please note - label for bid proposes only per USDA Document# SP11v2 CACFP10SFSSP13-2015 - Label copied with watermark is acceptable documentation for administrative review - the original labels on cartons received will not have a watermark.

High Liner Bid Desk Contact and Specification Verification

Dawn Enos / Sales Operations Manager k12
PH: 603-818-5334
Email: dawn.enos@highlinerfoods.com