

3.6 oz WG Breaded AK Pollock Fillet Portions, CN

Our Whole Grain Rich seafood solutions not only taste great, they also align with the USDA guidelines for whole grain. Choose from great-tasting Pollock or Cod.



Nutrition Facts

Servings per container

Serving Size 1 Portion

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 8 g 12%

Saturated Fat 1 g 5%

Trans Fat 0 g

Cholesterol 50 mg 17%

Sodium 190 mg 8%

Total Carbohydrate 16 g 5%

Dietary Fiber 1 g 4%

Total Sugars 1 g

Includes g Added Sugars %

Protein 15 g

Vitamin D mg %

Calcium mg 2%

Iron mg 6%

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
1089271	10035493892716	1 X 10.35	Wild

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10.35 LBR	USA	No	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
13.4 INH	9.4 INH	8.3 INH	0.6 FTQ	15x5	547 Days	-15 FAH / -14 FAH

Ingredients:

71.3% ALASKA POLLOCK; 28.7% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, ONION POWDER, GARLIC POWDER, WHOLE YELLOW CORN MEAL, SALT, YEAST, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SPICES, CORN SYRUP SOLIDS, CITRIC ACID, CONCENTRATED LEMON JUICE, NATURAL FLAVORS. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT

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

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

Prep & Cooking Suggestions:

TO BAKE: HEAT AT 400°F FOR 14-16 MIN. IN CONVECTION OVEN, OR AT 425°F FOR 18-20 MIN. IN CONVENTIONAL OVEN. NOTE: Fish is fully cooked when it reaches an internal temperature of 165°F

Species / Scientific Name:

Pollock

Serving Suggestions:

Great as a sandwich, salad topper, pastas, entrees and appetizer applications. Serve with your favorite sauce or side!

Claims & Child Nutrition:

BAP Certified :
 MSC Certified : Yes
 Has CN Statement : Yes
 CN Statement : 2M/1G



CN Information :

CN Statement : 2M/1G

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. Fillet Shape. For both Commercial and Commodity Purchase.

Meat/Meat Alternative : 3.6000 oz. Portion GIVES 2.5668 oz. INPUT WT x 0.78 YIELD = 2.0021 oz. ACTUAL EQUIVALENT MEAT. Total Meat/Meat Alternate per Serving of 1 Portion(s) YIELD 2.0021 oz. Actual Total M/MA. Per Serving... Declare = 2.00 oz

WholeGrain Credit Calculation : 14.210% Whole Grain/15.770% Total Grain Component = 90.108% Whole Grain 3.6000 oz. Portion x 0.1577 (% creditable grains) = 0.5677 oz. 0.5677 oz creditable grains x 28.35g/oz = 16.0949g 'Oz equivalent grains'/Portion = 16.0949g/16g = 1.0059 oz eq grains Per Serving... Actual = 1.0059 oz eq grains Per Serving... Declare = 1.0 oz eq grains

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



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