

[Home](#) > [Search Products](#) > Product

## 1 OZ WG FISH & STAR SHAPES, CN

Bring fun to lunchtime with star and fish shaped nuggets as well as sandwich and entrée portions. Fortified with whole grains and soy protein, you can feel good about offering these nutritious oven baked Pollock portions. Final product is value added and packed in US.

### Species / Scientific Name

Pollock - Gadus chalcogrammus

### Serving Suggestions

Entrees, Finger Foods, Kid-Friendly

### Preparation & Cooking Suggestions

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 10-12 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

### Product Specifications

**Code:** 10020540  
**GTIN:** 79149205409  
**Pack:** 1 x 10.0000 LBR  
**Type of Catch:** Wild  
**Brand:** High Liner Foodservice  
**GPC Description:** --  
**Gross Weight:** 11 LBR  
**Net Weight:** 10.0 LBR  
**Country of Origin:** US  
**Kosher:** No  
**Gluten Free:** No

### Shipping Information

**Length:** 11.8125 INH  
**Width:** 7.8125 INH  
**Height:** 10.125 INH  
**Volume:** 0.5407 FTQ  
**TlxHl:** 20 x 4  
**Shelf Life:** 18 MT  
**Storage Temperature:** 0 FAH / 0 FAH

### Ingredients

66.0% SEAFOOD MIX {52.8% POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]; 8.9% WATER; 2.8% VEGETABLE PROTEIN PRODUCT (ISOLATED SOY PROTEIN, MAGNESIUM OXIDE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, VITAMIN B12, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, THIAMINE MONONITRATE, RIBOFLAVIN); 1.5% SEASONING (SALT, SODIUM PHOSPHATE, MALTODEXTRIN, DEXTROSE, AUTOLYZED YEAST, NATURAL FLAVOR)}; 34.0% 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), CONTAINS 2% OR LESS OF: WHOLE YELLOW CORN MEAL, YELLOW CORN FLOUR, MODIFIED CORN STARCH, SUGAR, SALT, WATER, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, DEHYDRATED ONION, CAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, SOY, MILK

## Allergens

	Contains	May Contain	None
Eggs			✓
Fish	✓		
Peanuts			✓
Milk	✓		
Wheat	✓		
Crustacean			✓
Soy	✓		
Tree Nuts			✓

## Label Copy

**Please Note:** label for bid purposes 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.

[Download Label](#)

## Buy American Compliant

No

# Nutrition Facts

Serving Size: 112.0000 GRM

Household Serving Size: 4 nuggets

Number of Servings per Package: 40

Amount Per Serving

Calories: 220

Calories from Fat:

	Per Serving	% Daily Value*
<b>Total Fat:</b>	10g	13%
Saturated Fat:	1.5g	8%
Trans Fat:	0g	
<b>Cholesterol:</b>	25mg	8%
<b>Sodium:</b>	770mg	33%
<b>Total Carbohydrate:</b>	21g	8%
Dietary Fiber:	2g	6%
Sugars:	1g	
<b>Protein:</b>	13g	

Per Serving

Vitamin A: %

Vitamin C: %

Calcium: 2%

Iron: 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
<b>Total Fat:</b>	Less than	65g	80g
Saturated Fat:	Less than	20g	25g
<b>Cholesterol:</b>	Less than	300mg	300mg
<b>Sodium:</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate:</b>		300g	375g
Dietary Fiber:		25g	30g

Calories per gram

Fat: 9

Carbohydrate: 4

Protein: 4