

3.6 oz WG Breaded AK Pollock 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 **180**

% Daily Value*

Total Fat 7 g **11%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 50 mg **17%**

Sodium 200 mg **8%**

Total Carbohydrate 15 g **5%**

Dietary Fiber 2 g **8%**

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
1089869	10035493898695	4 X 4.5 LBR	Wild

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
19.8 LBR	18.0 LBR	USA	No	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.5 INH	9.5 INH	10.5 INH	1 FTQ	12x3	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, WATER, CONTAINS 2% OR LESS OF: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, ONION POWDER, GARLIC POWDER, WHOLE YELLOW CORN MEAL, SALT, YEAST, SPICES, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), 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:

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen fillets on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 425°F and bake for 15-18 minutes.

CONVENTIONAL OVEN: Preheat oven to 450°F and bake for 20-

Serving Suggestions:

P.L.T. with Spicy Mayonnaise (Whole Grain Pollock, Lettuce, and Tomato)

Species / Scientific Name:

Pollock

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.
Meat/Meat Alternative : Portsmouth 2.5668oz * 0.78 = 2.002 = 2.00oz declared
WholeGrain Credit Calculation : 14.8209% Whole Grain / 16.2375% Total Grain Component = 90.7726% Whole Grain 1 x 3.6oz Rect. x 0.153387 (% Creditable Grains from Batter & Breader) = 0.58779 oz creditable grains (0.58779 oz Creditable Grains/3.6 oz Rect x 28.35g/oz) / (16.0 g/oz equiv whole grains) = 1.0415 oz equiv whole grains DECLARE 1.00 oz Equivalent Grains / 3.6 oz Rect

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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