

1 oz WG Breaded AK Pollock Fish Shapes, 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 **4 Pieces**

Amount Per Serving

Calories **250**

% Daily Value*

Total Fat 9 g **14%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 20 mg **7%**

Sodium 310 mg **13%**

Total Carbohydrate 28 g **9%**

Dietary Fiber 4 g **16%**

Total Sugars 2 g

Includes g Added Sugars **%**

Protein 16 g

Vitamin D mg %

Calcium mg 4%

Iron mg 15%

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
1089865	10035493898657	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
15.5 INH	9.5 INH	11.5 INH	1.1 FTQ	12x3	547 Days	-15 FAH / -14 FAH

Ingredients:

68.9% SEAFOOD RAW MATERIAL [MINCED ALASKA POLLOCK, WATER, ALTERNATE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEASONING BLEND (MALTO-Dextrin, YEAST EXTRACT, SUGAR, ONION POWDER, GUAR GUM, SPICE, NATURAL FLAVOR), SALT, NATURAL FLAVOR]; 31.1%BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, SUGAR, WATER, ONION POWDER, GARLIC POWDER, WHOLE YELLOW CORN MEAL, SALT, YEAST, SPICES, LEAVENING (SODIUM ACID PYRO- PHOSPHATE, SODIUM BICARBONATE), CORN SYRUP SOLIDS, CITRIC ACID, CONCENTRATED LEMON JUICE, NATURAL FLAVORS. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL.
CONTAINS: FISH (POLLOCK), WHEAT, SOY

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

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

Prep & Cooking Suggestions:

For food safety and quality, please follow these cooking instructions. Keep frozen until ready to prepare- Do not refreeze. CONVECTION OVEN INSTRUCTIONS:Place oven rack in the center of the oven. Preheat oven to 350°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 10-12 minutes.

Serving Suggestions:

Whole Grain Pollock Shapes with Popeye the Sailor Spinach Dipping Sauce

Species / Scientific Name:

Pollock

Claims & Child Nutrition:

BAP Certified :
MSC Certified : No
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.

Meat/Meat Alternative : Portsmouth Meat /Meat Alternate Component Calculations: (% Protein in APP) = 64.8% = 3.6 total parts Hydrated product (18% min Protein) 18 Total Parts Hydrated Product – 1 part APP = 3.6 - 1 = 2.6 parts liquid for full hydration 8.6% APP in product x 2.6 parts liquid for full hydration = 22.36% liquid allowed for hydration 1oz x 0.3776 % fish x 0.689 hash x 0.75 Yield Factor = 0.1951oz raw fish / 1oz fish shape 1oz x 0.1244 APP x 0.689 x 3.6 total parts hydrated product x 100% Yield Factor = 0.3086oz Equivalent Meat /Meat Alternate per 1oz fish shape 0.1951oz Raw Fish/Portion + 0.3086oz equivalent meat/meat alternate = 0.5037 Equivalent Meat /Meat Alternate per 1oz fish shape 0.5037 oz Equivalent Meat/Meat Alternate x 4 Number of Portions 2.015 oz Equivalent Meat/Meat alternate Meat Component: 2 oz is Declared

WholeGrain Credit Calculation : 16.0019% Whole Grains / 24.1801% Total Grain Component = 66.1780% Whole Grains 4 x 1.00oz Sea Wonders x 0.241801 (% creditable grains from batter + breader) = 0.9672 oz creditable grains / 4 x 1oz Sea Wonders (0.9672 oz Creditable grains/4 Sea Wonders x 28.35g/oz) / (16.0g/oz equivalent whole grains) = 1.7138oz equivalent whole grains/4 nuggets Declare: 1.50oz Equivalent Grains per 4 x 1oz Sea Shapes

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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