

### 3.6 oz WG Golden Crunchy AK Pollock

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

44 Servings per container

**Serving Size** 1 Portion

Amount Per Serving

**Calories** 190

% Daily Value\*

**Total Fat** 7 g 11%

Saturated Fat 1 g 5%

Trans Fat 0 g

**Cholesterol** 50 mg 17%

**Sodium** 230 mg 10%

**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
1089300	10035493893003	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
19.8 INH	12.1 INH	6.8 INH	0.9 FTQ	8x6	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), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHOLE YELLOW CORN FLOUR, 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 portions on a lightly oiled sheet pan.  
CONVECTION OVEN: Preheat oven to 375°F and bake for 15-17 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/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 : PRODUCT RAW INPUT WT x YIELD = ACTUAL 3.6 oz Rect. 0.7130 oz .78  
2.0021 oz DECLARED 2.00 oz

WholeGrain Credit Calculation :  $12.5278\% \text{ Whole Grain} / 17.3704\% \text{ Total Grain Component} = 55.3862\% \text{ Whole Grain}$  1 x 3.6 oz Rect. x .173704 (% Creditable Grains from Batter & Breader) = .6253 oz creditable grains/ 3.6 oz Rect. (0.6253 oz Creditable Grains/ 3.6 oz Rect. x 28.35g/ oz) / 16.0 g/ oz equiv whole grains = 1.1080 oz equiv whole grains/ 3.6 oz Rect DECLARE: 1.00 oz Equivalent Grains per 1 x 3.6 oz Rectangle

**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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