



## Breaded Pollock Square CN 1.6 oz.

Miniature fish square (approximately 2.5" square) made from white and flaky, deep-skinned whole muscle AK Pollock and coated with a Panko bread crumb. Can be fried or baked to golden brown. Child Nutrition Compliant.



### Nutrition Facts

Serving Size: 90 GR  
 Household Serving Size: 2 portions  
 Servings Per Container: 50

Amount Per Serving		
	Per Serving	% Daily Value*
Calories	210	Calories from Fat: 90
<b>Total Fat</b>	10 g	15%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
<b>Cholesterol</b>	40 mg	13%
<b>Sodium</b>	270 mg	11%
<b>Total Carbohydrate</b>	17 g	6%
Dietary Fiber	1 g	4%
Sugars	0 g	
<b>Protein</b>	12 g	

	Per Srv		Per Srv
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	0%
<b>Calcium</b>	0%	<b>Iron</b>	6%

\*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
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram  
 Fat 9      Carbohydrate 4      Protein 4

### Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
10025796	10073538257960			50

Brand	GPC Description
Icelandic Seafood	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LB	10 LB	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.813	7.813 IN	7.625 IN	0.545 CF	15x8	547 Days	-15 FA / -14 FA

### Ingredients :

POLLOCK: 65%. BREADING: 21%; ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, SALT, YEAST, MALTED BARLEY FLOUR, ASCORBIC ACID (DOUGH CONDITIONER). BATTER 14%; WATER, MODIFIED FOOD STARCH, YELLOW CORN FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, NATURAL FLAVOR, SILICON DIOXIDE (ANTI-CAKING AGENT). FRIED IN SOYBEAN OIL. CONTAINS FISH (POLLOCK), WHEAT.

### Prep & Cooking Suggestions :

CONVENTIONAL OVEN: BAKE FROM FROZEN AT 425°F FOR 12 - 14 MINUTES. CONVECTION OVEN: BAKE FROM FROZEN AT 400°F FOR 8 - 10 MINUTES. DEEP FRY: HARD FROZEN AT 350°F FOR 3 - 4 MINUTES. ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS.

### Serving Suggestions :

Entree

### Claims :

BAP Certified :  
 MSC Certified :  
 AHG Certified :

### CN Information :

Has CN Statement :      Yes

*1 = 1.6 oz meat + 0 gram*


**CN Information :**

CN Statement : 1.5 M / 1 B

Suggested Bid :

Meat/Meat Alternative : Fish 1.040 oz. Breader .336  
Batter .224  
1.600 oz. Cooked weight equivalent, using 65% of raw input weight, is  
Two (2) portions x 1.04 x .78 = 1.6224 (1.6224oz.) = 1.50 oz

WholeGrain Credit Calculation : N/A

 Date: 11/14/2013

Kathy Gilmore, Quality Engineer

High Liner Foods