



3.6 oz WG Golden Crunchy AK Pollock Rectangles, CN

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

80 Servings per container

Serving Size 1 Portion

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 7 g 8%

Saturated Fat 1 g 5%

Trans Fat 0 g

Cholesterol 35 mg 11%

Sodium 270 mg 12%

Total Carbohydrate 16 g 6%

Dietary Fiber 1 g 4%

Total Sugars 1 g

Includes 0 g Added Sugars 0 %

Protein 11 g

Vitamin D 0 mg 0%

Calcium 0 mg 0%

Iron 1 mg 6%

Potassium 170 mg 4%

*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 4.50 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 LBR	USA	No	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp
15.7 INH	9.7 INH	9.8 INH	0.9 FTQ	13x4	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, AUTOLYZED 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. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 20-22 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF

Serving Suggestions:

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

Species / Scientific Name:

Pollock

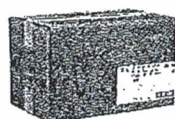
Claims & Child Nutrition:

BAP Certified :

MSC Certified : Yes

Hes CN Statement : Yes

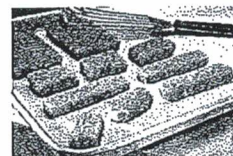
CN Statement : 1 X 3.6 OZ PORTION PROVIDES 2.00 OZ





1 oz WG Golden Crunchy AK Pollock Nuggets, CN

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

80 Servings per container

Serving Size 4 Nuggets

Amount Per Serving

Calories 220

% Daily Value*

Total Fat 8 g 11%

Saturated Fat 1.5 g 7%

Trans Fat 0 g

Cholesterol 35 mg 11%

Sodium 330 mg 14%

Total Carbohydrate 23 g 8%

Dietary Fiber 2 g 6%

Total Sugars 1 g

Includes 1 g Added Sugars 1%

Protein 12 g

Vitamin D 0 mg 0%

Calcium 30 mg 2%

Iron 1.3 mg 8%

Potassium 190 mg 4%

*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
1089301	10035493893010	4 X 5.00 LBR	Wild

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22.0 LBR	20 LBR	N/A	No	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.8 INH	9.8 INH	12.1 INH	1.1 FTQ	12x3	547 Days	-15 FAH / -14 FAH

Ingredients:

64.2% ALASKA POLLOCK; 35.8% 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), MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: 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 nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 11-13 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF

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:

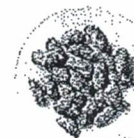
BAP Certified :

MSC Certified : Yes

Has CN Statement : Yes

CN Statement : 4 X 1.00 OZNUGGETS PROVIDE 2.00 OZ





Nutrition Facts

53 Servings per container

Serving Size 3/4 Cup

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 7 g 9%

Saturated Fat 1 g 6%

Trans Fat 0 g

Cholesterol 45 mg 14%

Sodium 340 mg 15%

Total Carbohydrate 19 g 7%

Dietary Fiber 3 g 9%

Total Sugars 1 g

Includes 1 g Added Sugars 1%

Protein 9 g

Vitamin D 0 mg 0%

Calcium 40 mg 4%

Iron 1.4 mg 8%

Potassium 160 mg 4%

*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
26242	10035493262427	2 X 5.00 LBR	Wild

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.0 LBR	10.0 LBR	USA	No	No

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp
15.8 INH	7.8 INH	8.6 INH	0.6 FTQ	15x5	18	0 FAH / 0 FAH

Ingredients:

60.0% SEAFOOD RAW MATERIAL (MINCED SEABOB SHRIMP, WATER, SOY PROTEIN CONCENTRATE, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CELLULOSE, SEASONING BLEND (WHEAT FLOUR, MODIFIED CELLULOSE, SODIUM ALGINATE, GUAR GUM, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)), SALT, NATURAL & ARTIFICIAL FLAVORS, SODIUM BISULFITE (AS A PRESERVATIVE)); 40.0% BATTER AND BREADING: WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: SUGAR, ONION POWDER, GARLIC POWDER, WHOLE YELLOW CORN MEAL, SALT, YEAST, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SPICES, CORN SYRUP SOLIDS, CITRIC ACID, CONCENTRATED LEMON JUICE, CALCIUM CHLORIDE, NATURAL FLAVORS, SOYBEAN OIL. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: CRUSTACEAN SHELLFISH (SHRIMP), WHEAT, SOY

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS

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 375°

Serving Suggestions:

Top tostito scoops with some fresh salsa, Whole Grain Rich Shrimp poppers and a dollop of sour cream for a tasty treat!

Species / Scientific Name:

Shrimp

Claims & Child Nutrition:

BAP Certified :

MSC Certified :

Has CN Statement : Yes

CN Statement : 3.045 OZ (21 pieces) SHRIMP POPPERS

