



FPI

13275 - Pollock Fillet 4 6 Oz Iqf

Wild caught in the North Pacific, these Fishery Product IQF Pollock Fillets offer great value and versatility for a variety of applications. Each fillet is portioned for easy prep to the cooking method of your choice, and cook to tender, flaky perfection in no time, and offer excellent plate consistency and appeal no matter what you have in store.



Nutrition Facts

Servings per Container 32
Serving size About 1 Fillet (140g)

Amount per serving
Calories 70

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 340mg	15%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 200mg	4%

* The % Daily Value (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.

* Benefits

Ingredients

POLLOCK, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE).
CONTAINS: FISH (POLLOCK)

Allergens

Contains:



Free From:



Handling Suggestions

Keep Frozen

Serving Suggestions

Ideal for fish and chips and fish fillet sandwiches, as well as center of the plate entres. Pairs well with a variety of complementary sides, malt vinegar, traditional sauces or your own signature sauces.

Prep & Cooking Suggestions

COOK TO A MINIMUM INTERNAL TEMPERATURE OF 155F.

Product Specifications

Brand	Manufacturer
FPI	High Liner Foods (USA) Incorporated

MFG #	SPC #	GTIN	Pack	Pack Desc.
1002978	13275	10035493029785	1	1 / 10.0 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11.51lb	10lb	CHN	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10.15in	14.75in	4.87in	0.42ft3	11x12	540DAYS	-10°F / 0°F



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Nutrition Analysis - By Serving

Calories	70	Total Fat	0.5g	Sodium	340mg
Protein	16	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	0g	Saturated Fat	0g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	200mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	60mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

