

# 1 oz WG Golden Crunchy AK Pollock Sticks, 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	
40	Servings per container
<b>Serving Size</b>	<b>4 Sticks</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b>	8 g <b>12%</b>
Saturated Fat	1.5 g <b>8%</b>
Trans Fat	0 g
<b>Cholesterol</b>	50 mg <b>17%</b>
<b>Sodium</b>	280 mg <b>12%</b>
<b>Total Carbohydrate</b>	23 g <b>8%</b>
Dietary Fiber	2 g <b>8%</b>
Total Sugars	1 g
Includes	g Added Sugars %
<b>Protein</b>	15 g
Vitamin D	mg %
Calcium	mg 2%
Iron	mg 8%
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
1089302	10035493893027	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 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:

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), WHOLE YELLOW CORN MEAL, MODIFIED CORN STARCH, 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 sticks on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 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 : 2M/1.5G

