

POLLOCK FILLETS SKINLESS, BONELESS IQF 422899

White fish fillets

PREPARATION AND COOKING

Bake: season or dip in seasoned bread crumbs. Place in greased baking dish and bake at 400° F.

Sauté: dip fish in seasoned flour. Sauté in oil, butter or margarine over medium heat, lightly brown on both sides.

Poach: in large skillet boil 2-3 inches water. Add seasoned fish, cover with lid. Reduce heat, simmer until done.

Simmer: for stews and chowders, add fish pieces in the final 10 minutes of cooking. Do not over-stir.

Deep fry: Preheat oil to 350°F; dip serving-size Pollock pieces into batter and/or seasoned crumbs. Deep fry at 350° F until outside is golden brown and Pollock flakes easily with fork.

Cooking times and temperatures may vary. Internal temperature should be at least 145°F. We strive to produce a fully “boneless” product. As with all fish, however, occasional bones may still be present.

FOOD SAFETY

Keep Frozen at 0 °F until ready to use.

INGREDIENTS & NUTRITION INFORMATION

NUTRITION FACTS	
Serving Size 1 Piece (142g / 5oz)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0 g	0 %
Saturated Fat 0 g	0 %
Trans Fat 0 g	
Cholesterol 85 mg	28 %
Sodium 230 mg	10 %
Total Carbohydrate 0 g	0 %
Dietary Fiber 0 g	0 %
Sugars 0 g	
Protein 24 g	
Vitamin A 0	• Vitamin C 0
Calcium 2	• Iron 2
* 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
Saturated 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

POLLOCK.
CONTAINS: FISH (POLLOCK).