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1 OZ WG POTATO CRUNCH POLLOCK STICKS

Coated with real potato sticks, Potato Crunch provides a uniquely great tasting and exciting line of items. Portion controlled and easy to prepare. Final product is value added and packed in US.

Species / Scientific Name

Pollock - Gadus chalcogrammus

Serving Suggestions

school lunches, healthcare

Preparation & Cooking Suggestions

COOKING INSTRUCTIONS: Cook from frozen state. CONVECTION OVEN: Preheat oven to 385°F. Bake for 8-12 minutes. CONVENTIONAL OVEN: Preheat oven to 400°F. Bake for 15- 20 minutes. DEEP FRY: Fry for 3-5 minutes at 350°F or until golden brown. Drain and serve. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Product Specifications

Code: 06591

GTIN: 74638065915

Pack: 1 x 10.0000 LBR

Type of Catch: Wild

Brand: High Liner Foodservice

GPC Description: --

Gross Weight: 11.0 LBR

Net Weight: 10.0 LBR

Country of Origin: US

Kosher: Yes

Gluten Free: No

Shipping Information

Length: 15.8125 INH

Width: 7.8125 INH

Height: 8.625 INH

Volume: 0.6166 FTQ

TixHI: 15 x 5

Shelf Life: 18 MT

Storage Temperature: 0 FAH / 0 FAH

Ingredients

64.1% POLLOCK [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)]; 35.9% BATTER AND BREADING: POTATOES, WHOLE WHEAT FLOUR, CANOLA OIL, WHOLE YELLOW CORN MEAL, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, SALT, YELLOW CORN FLOUR, CORN STARCH, SUGAR, WHEY, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), YEAST, NATURAL FLAVOR. PAR-FRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (POLLOCK), WHEAT, MILK

Allergens

	Contains	May Contain	None
Eggs			✓
Fish	✓		
Peanuts			✓
Milk	✓		
Wheat	✓		
Crustacean			✓
Soy			✓
Tree Nuts			✓

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No

Nutrition Facts

Serving Size: 112.0000 GRM

Household Serving Size: 4 Sticks

Number of Servings per Package: 40

Amount Per Serving

Calories: 250

Calories from Fat:

	Per Serving	% Daily Value*
Total Fat:	14g	17%
Saturated Fat:	2g	10%
Trans Fat:	0g	
Cholesterol:	45mg	10%
Sodium:	410mg	22%
Total Carbohydrate:	19g	7%
Dietary Fiber:	1g	4%
Sugars:	0g	
Protein:	13g	

Per Serving

Vitamin A: %

Vitamin C: 10%

Calcium: 0%

Iron: 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
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

Calories per gram

Fat: 9

Carbohydrate: 4

Protein: 4

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