



Alaskan Pollock Fillets

IQF, Boneless, Skinless

Latin Name: Gadus Chalcogramma

Country of Harvest: USA/Russia

Processed: USA/China

Method of Harvest: Wild Caught/Trawl

Season: Year-round

Brand: Seafine

Storage Temp: -0° F (- 18° C)

Frozen Shelf Life: 12 months

Size Ranges: 2-4 oz, 4-6 oz, 6-8 oz fillets

Ingredients: Pollock

Contains: Fish (pollock)

Key Selling Points:

- Variety of Sizes
- Consistency of Fillet Size
- Mild Flavor
- Firm Texture
- Traceability
- MSC Certified
- Economical Value for a Wide Variety of Kitchen Applications

FLAVOR PROFILE



TEXTURE



COOKING SUGGESTIONS:

Bake, broil or sauté fillets until fish flakes easily with a fork.

Thawing: Place fillets in a container on the bottom shelf in the refrigerator and thaw for 8-24 hours; temperature should not exceed 45° F.

Safe Handling: Keep frozen. Do not refreeze once thawed. Cook thoroughly to 145° F for 15 seconds to reduce risk of foodborne illness.

Nutrition Facts

Serving Size: 3 oz. (85g)

Amount Per Serving	
Calories 90	
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 55 mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 181mg	4%

*Percent Daily Values are based on a 2,000 calorie diet.



Case Pack	Net Weight	Case Dimensions	Case Cube	Ti/Hi	Pallet Count
1 x 10 lb.	10 lbs.	15.5 x 10.75 x 4.5	.43	10/10	100

Additional Pack Sizes Available.



Eastern Fisheries, Inc.

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