

# LEMON BUTTER BREADED WILD ALASKA POLLOCK



STANDOUT ON-TREND FLAVOR  
WILD ALASKA POLLOCK  
LIGHT CRISPY BREADING  
HIGHLY VERSATILE/ONCE-FROZEN





# SERVE ON-TREND FLAVOR WITH WILD ALASKA POLLOCK & LEMON

Deliver the on-trend flavor your customers are looking for. Serve up a zesty lemon twist with our Lemon Butter Breaded Wild Alaska Pollock oven-ready fillets. The down-home flavor paired with a low-sodium, high-protein profile is perfect for healthcare facilities or schools looking to provide a “clean” comfort food option with dynamic flavor. This versatile center-of-plate item can be served with a variety of carb and vegetable options.

## FEATURES & BENEFITS

### Standout On-Trend Flavor

Demand is growing for options that deliver dynamic flavor

### Light Crispy Breading

A moderate crunch with a zesty lemon twist

### Wild Alaska Pollock

All natural, low sodium, and high protein

### Highly Versatile/Once-Frozen

Pairs great with a variety of side dishes

## SPECIES INFORMATION

Wild-caught in the icy waters of Alaska, Alaska Pollock is the most abundant certified-sustainable wild fish in the world. A member of the Cod family and similar in flavor, texture, and appearance, wild Alaska Pollock’s lean, snowy-white meat, delicate texture, and mild flavor make it an extremely versatile, healthy, and sustainable seafood choice.

## PACK INFORMATION

ITEM #	DESCRIPTION	PACK SIZE	GTIN#
426075	LEMON BUTTER BREADED WILD ALASKA POLLOCK (4 OZ)	1/10 lb.	0 00 28029 26075 5



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## COOKING INSTRUCTIONS

Not-Ready to Eat. Must be cooked to an internal temperature of 165°F or higher before serving. Cook from Frozen.

**Convection Oven:** Bake at 400°F for 12-14 minutes

**Conventional Oven:** Bake at 450°F for 14-16 minutes

*Adjust Cooking time depending upon appliance characteristics.*

*\*Cooking times and temperatures may vary substantially. Internal temperature should be at least 165°F. We strive to produce a fully “boneless” product. As with all fish, however, occasional bones may still be present.*

ALASKA POLLOCK, BLEACHED WHEAT FLOUR, BUTTER OIL (SOYBEAN OIL, PALM OIL, SOYLECITHIN, BETA-CAROTENE, ARTIFICIAL BUTTER FLAVOR, TBHQ, CITRIC ACID (ANTIOXIDANT)), VEGETABLE OIL (SOYBEAN AND/OR CANOLA), ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, SALT, YEAST, DRIED GARLIC, DRIED ONION, MODIFIED CORN STARCH, WHEY, SPICES, YEAST EXTRACT, MALTODEXTRIN, LEMON PEEL, CITRIC ACID, NATURAL FLAVORS, ANNATTO (COLOR), GUAR GUM, GUM ARABIC, SODIUM BICARBONATE, SODIUM CASEINATE, BUTTERMILK, CREAM, YELLOW 5, YELLOW 6, TURMERIC EXTRACT (COLOR)  
 CONTAINS FISH (ALASKA POLLOCK), WHEAT, SOY, MILK

## Nutrition Facts

about 40 servings per container  
**Serving size 1 piece (113 g/4 oz)**

Amount per serving	
<b>Calories</b>	<b>280</b>
% Daily Value*	
<b>Total Fat</b> 19g	<b>24%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 14g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 0mg	0%
Potassium 236mg	6%

\*The % Daily Value 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.

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