

ALASKAN POLLOCK BURGERS



MADE WITH WILD-CAUGHT ALASKAN POLLOCK
ON-TREND, HEALTHY, & DELICIOUS ALTERNATIVE
TO BEEF BURGERS
FROM THE WORLD'S LARGEST SUSTAINABLE FISHERY



ON TREND, HEALTHY, AND DELICIOUS

Our Alaskan Pollock Burgers are the perfect choice for the fast-growing market segment looking for a great-tasting, healthy alternative to the standard beef burger. Made from sustainable, wild-caught Alaskan Pollock that is IQF to lock in freshness, our slightly seasoned Alaskan Pollock burgers cook up quickly and easily, right from frozen.

Try our Pollock Burgers in a BLAT (Bacon, Lettuce, Avocado, and Tomato) or in a Bahn Mi sandwich with crispy jalapenos on top for added texture. Then add globally-inspired flavors like sriracha, chipotle ranch, or wasabi mayo and serve on toasted artisan bun.

FEATURES & BENEFITS

Wild Alaskan Pollock

From the world's largest sustainable fishery

A Great-Tasting Burger That's Actually Good for You

Up to 94% fewer calories & 25% less cholesterol than standard beef burgers – and loaded with healthy Omega-3s

Once Frozen & Deep Skinned

Wild caught in Alaskan waters by American fishermen

SPECIES INFORMATION

Wild Alaskan Pollock is one of the most abundant and sustainable seafood species in the world. Not to be confused with Atlantic Pollock – a vastly different species – Alaskan Pollock is quite similar to Cod in its mild flavor, snow-white flesh, and delicate texture. Alaskan Pollock is also very different from foreign-caught pollock, which is far more likely to be twice-frozen and contain additives.

PACK INFORMATION

ITEM #	DESCRIPTION	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
421800	TR AK POLLOCK BURGER 4 OZ	1/10 lb.	40	00028029218008
421799	TR AK POLLOCK BURGER 3.2 OZ	1/10 lb.	50	00028029217995
400037	TR AK POLLOCK BURGER 4 OZ – USA (MILITARY)	1/10 lb.	40	00028029000375
10 LB. PACK: DIMENSION: (L x W x D) 15" L x 10" W x 6.25" H GROSS WEIGHT: 11.2 lb. CUBE: .54 TI HI: 12 x 7				
422070	TR AK POLLOCK BURGER 4 OZ, BAGGED (12 BURGERS PER BAG)	6/3 lb.	72	10028029220701
18 LB. PACK: DIMENSION: (L x W x D) 13.5" L x 10.8" W x 8.75" H GROSS WEIGHT: 19.5 lb. CUBE: .73 TI HI: 12 x 5				



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COOKING & HANDLING INSTRUCTIONS

KEEP FROZEN UNTIL READY TO COOK.

Thawing is not recommended – cook from frozen.

METHOD	TEMP.	MINUTES PER SIDE	
		3.2 OZ	4 OZ
BBQ or flat grill	350° F	3-4	4-5
Pan fry	Medium Heat	4-5	4-5
Convection Oven	350° F	5-7	8-10
Conventional Oven	400° F	6-8	9-10

* 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 might still be present.

Nutrition Facts	Alaskan Pollock Burger 3.2oz.		Alaskan Pollock Burger 4oz.	
Serving Size (1 piece)	(91 g/3.2 oz)		(113 g/4 oz)	
Amount Per Serving				
Calories	90		120	
Calories from Fat	25		30	
	% Daily Value*		% Daily Value*	
Total Fat	2.5g	4%	3.5g	5%
Saturated Fat	0g	0%	0.5g	3%
Trans Fat	0g		0g	
Cholesterol	35mg	12%	45mg	15%
Sodium	320mg	13%	400mg	17%
Total Carbohydrate	4g	1%	5g	2%
Dietary Fiber	1g	4%	1g	4%
Sugars	1g		1g	
Protein	13g		17g	
Vitamin A • Vitamin C	2%	• 0%	2%	• 0%
Calcium • Iron	2%	• 2%	2%	• 2%

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

INGREDIENTS: ALASKAN POLLOCK, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), CONTAINS 2% OR LESS OF: WATER, POTATO EXTRACT, ONION POWDER, SUGAR, SEA SALT, DRIED ORANGE PULP, MUSTARD FLOUR, YEAST EXTRACT, GARLIC POWDER, WHITE PEPPER, RED PEPPER, CHIVES.
CONTAINS FISH (Alaskan Pollock)