

COUNTRY STYLE WILD ALASKA POLLOCK BITE



Serving suggestion
Enlarged to show detail
Must be cooked

VERSATILE BITE-SIZE NUGGETS
SUSTAINABLE WILD ALASKA POLLOCK
CROWD-PLEASING COUNTRY-STYLE BREADING
NO PREP, QUICK TO COOK WITH MINIMAL LABOR



THE FISH EVERYONE WILL LOVE!

When you are looking for a new menu item that will please everyone from the kids to the grandparents, look no further than our Country-Style Wild Alaska Pollock Bites. We take mild, flaky Wild Alaska Pollock and batter it with buttermilk coating with down-home seasonings that cooks up crispy and golden. Serve them as an appetizer with your favorite dipping sauce or in a toasted bun for comforting twist on a fish sandwich.

FEATURES & BENEFITS

Universal appeal

Made with America's favorite whitefish – Wild Alaska Pollock

Simple to prepare

Zero prep time and cooks in the oven or fryer

Wild sustainable Alaska seafood

The number 1 seafood brand on restaurant menus

Perfectly Portion Controlled

Consistent plate presentation and cost

SPECIES INFORMATION

Wild Alaska 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 – Alaska Pollock is quite similar to Cod in its mild flavor, snow-white flesh, and delicate texture. Alaska 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	GTIN#
142028	Country Style Wild Alaska Pollock Bite	2/5 LB.	0 00 28029 42028 9



5303 SHILSHOLE AVE NW, SEATTLE, WA 98107
 (800) 367-6065 (206) 783-3474
 FAX: (206) 782-7246 E-MAIL: Sales@TridentSeafoods.com



Serving suggestion

COOKING INSTRUCTIONS

KEEP FROZEN UNTIL READY TO COOK. Thawing is not recommended – cook from frozen.

Conventional oven: Preheat to 450°F. Place frozen product on lightly greased baking sheet, cook for 10 to 11 minutes until crisp. Turn product halfway through bake time for best results. Let stand 2 to 3 minutes before serving.

Convection oven: Preheat to 400°F. Place frozen product on lightly greased baking sheet, cook for 8 to 9 minutes until crisp. Turn product halfway through bake time for best results. Let stand 2 to 3 minutes before serving.

Deep Fry: Heat oil to 350°F. Fry frozen product for 4 to 5 minutes until product is golden brown.

Microwave cooking is not recommended.

*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.

Nutrition Facts

about 53 servings per container
Serving size 5 pieces (86 g/3 oz)

Amount per serving	
Calories 170	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 490mg	21%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0.1mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 200mg	4%

*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.