

BUTTER CRUMB BREADED WILD ALASKA POLLOCK



COMFORTING, BUTTERY FLAVOR
WILD ALASKA POLLOCK
LIGHT CRISPY BREADING
HIGHLY VERSATILE/ONCE-FROZEN

Trident
SEAFOODS

BUTTERY CRUNCH DELIVERS DOWN-HOME FLAVOR

Deliver on-trend, versatile options your customers are looking for. These oven-ready fillets serve up bites of refreshingly light, golden brown fish with a buttery flavor that will be a real crowd-pleaser. Plus, a cracker-crumb breading gives it a delicious crunch. 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. This 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 simple, yet refreshing options

Light Crispy Breading

Cracker-crumb breading with moderate crunch

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#
426076	BUTTER CRUMB BREADED WILD ALASKA POLLOCK (4 OZ)	1/10 lb.	0 00 28029 26076 2



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



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, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER OIL (SOYBEAN OIL, PALM OIL, SOY LECITHIN, BETA-CAROTENE, ARTIFICIAL BUTTER FLAVOR, TBHQ, CITRIC ACID [ANTIOXIDANT]), DEXTROSE, SALT, DRIED YEAST, YELLOW CORN FLOUR, PAPRIKA EXTRACT (COLOR), ANNATTO EXTRACT (COLOR) CONTAINS FISH (ALASKA POLLOCK), WHEAT, SOY

Nutrition Facts

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

Amount per serving	
Calories	210
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 300mg	13%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 0mg	0%
Potassium 281mg	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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