



Pollock coated in a delicious light, crispy breading. Homemade and natural in appearance.

Key Product Features

- Homemade natural appearance
- Great plate coverage
- Uniform cook times

Key Product Benefits

- Appetizing and appealing
- Cost effective
- Allows ease of preparation and service

Menu Suggestions

Janes Breaded Pollock Fillets are excellent for lunch or dinner entrees, ideal for healthcare menus, nursing/retirement homes, day care or cafeterias.

Cooking Instructions

Bake in a preheated 400°F oven 17-20 minutes, turning once.

Nutritional Facts

Per 100 g	
Amount	
Calories	212.0
Fat	11.7 g
Saturated	1.0 g
+trans	0.1 g
Polyunsaturated	4.4 g
Omega-6	2.9 g
Omega-3	1.5 g
Monounsaturated	8.9 g
Cholesterol	31.0 mg
Sodium	380.0 mg
Carbohydrate	15.4 g
Dietary Fibre	0.8 g
Sugars	0.5 g
Protein	11.1 g
Vitamin A	0.0 RE
Vitamin C	0.0 mg
Calcium	25.0 mg
Iron	1.0 mg

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Ingredient Listing

Pollock fillets in a breading of: breadcrumbs (enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), high fructose, corn syrup, vegetable oil shortening (soybean), salt, yeast, vinegar, calcium propionate (as a preservative), spice extractive, dough conditioners (ascorbic acid, azodicarbonamide), bht (as a preservative)], water, corn starch, yellow corn flour, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, sugar, whey, leavening (sodium aluminum phosphate, sodium bicarbonate), guar gum. Breading set in vegetable oil (canola oil).

Allergen Listing

Wheat, soy, milk

Health Benefits

Low in saturated fat
Source of iron
Source of omega 6 polyunsaturates
Source of omega 3 polyunsaturates

Specifications

SCC: 100 69299 24900 9
Case Pack Size 2 x 2 kg = 4 kg
Average Pc Weight 85-113 g / 3-4 oz
Average Pc Count 40

Case (cm) (LxWxH) 37.3 x 27.8 x 11.1
Case Cube (cm) 11,510
Pallet Ti / Hi 10 / 9



build your menu with confidence