

ALASKAN POLLOCK FILLET

S P E C S H E E T

Specie:

Gadus Chalcogrammus

Sizing - Format:

2-4 oz IQF (4 X 4,54 kg) #251

4-6 oz IQF (4 X 4,54 kg) #252

6-8 oz IQF (4 X 4,54 kg) #253

Origin: Alaska

Fishing type: Wild Caught

Processed in: China

Texture and Taste: Firm and flaky
Pronounced taste

Features:

Low cost

Skinless

IQF Product

Ingredients:

Pollock, water and sodium tripolyphosphate
(to retain moisture)

Shelf life:

24 months after freezing date

Freezer : -18 C or less

Fridge : 48 hours

Do not refreeze thawed product



Valeur nutritive Nutrition Facts	
Par filet (141 g) / Per fillet (141 g)	
	% valeur quotidienne * % Daily Value*
Calories 100	
Lipides / Fat 0,8 g	2 %
saturés / Saturated 0 g	0 %
+ trans / Trans 0 g	0 %
Glucides / Carbohydrate 0 g	
Fibres / Fibre 0 g	0 %
Sucres / Sugars 0 g	0 %
Protéines / Protein 22 g	
Cholestérol / Cholesterol 91 mg	
Sodium 266 mg	12 %
Potassium 415 mg	12 %
Calcium 0 mg	0 %
Fer / Iron 0 mg	3 %

* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**
* 5% or less is **a little**, 15% or more is **a lot**

