

Alaskan Pollock



- >> WILD, OCEAN-CAUGHT
- >> PREMIUM CUT
- >> SKINLESS/BONELESS



Alaskan Pollock

Trident Alaskan Pollock is certified sustainable and the most abundant Alaskan species available. Caught in the icy waters of Alaska, Alaskan Pollock is filleted and flash-frozen soon after harvest, locking in flavor and texture at the very peak of freshness. Pre-portioned, trimmed and ready to use, Alaskan Pollock saves you both time and money.

Mild and wild, Trident Alaskan Pollock fillets perform well in nearly every fish preparation. Kick up some heat with Cajun Crisp Pollock or Southwest Pollock Quesadillas. Or create a savory Alaskan Pollock Chowder or Pollock Club Sandwich. Go Italian with an Alaskan Pollock Piccata or top sautéed fillets with a simple pesto. Since wild Alaskan Pollock fillets cook up easily from frozen, you can add them to your menu in a flash.

Features & Benefits

>> BONELESS AND SKINLESS

Delicate white fillets, mild flavor, preferred by consumers

>> ONCE FROZEN

Frozen at the source, glazed to protect taste & texture

>> LOW FAT

Great source of high quality, low-cost protein

>> PORTION CONTROL

Ready to use, hand-trimmed fillets available in a variety of sizes

PACK INFORMATION

ITEM #	DESCRIPTION	PACK SIZE	APPROX. PORTIONS PER CASE	GTIN #
496766	Under 2 oz. IQF Fillets	1/25 lb.	> 202	0 00 28029 96766 1
450391	2 – 4 oz. IQF Fillets	1/25 lb.	151	0 00 28029 50391 3
449768	4 – 6 oz. IQF Fillets	1/25 lb.	84	0 00 28029 49768 7
457612	6 – 8 oz. IQF Fillets	1/25 lb.	59	0 00 28029 57612 2
496767	8 + oz. IQF Fillets	1/25 lb.	< 50	0 00 28029 96767 8
DIMENSION: (L x W x D) 24" L x 13" W x 6.63" D GROSS WEIGHT: 28.45 lb. CUBE: 1.2 TI HI: 6 x 6				
449466	2 – 4 oz IQF Fillets	1/10 lb.	60	0 00 28029 49466 2
449512	4 – 6 oz IQF Fillets	1/10 lb.	33	0 00 28029 49512 6
DIMENSION: (L x W x D) 15" L x 9.9938" W x 6.25" D GROSS WEIGHT: 11.4 lb. CUBE: .54 TI HI: 12 x 7				
456772	Pollock Fillet Blocks	3/16.5 lb.	224	0 00 28029 56772 4
DIMENSION: (L x W x D) 19.88" L x 10.88" W x 8.38" D GROSS WEIGHT: 53 lb. CUBE: 1.05 TI HI: 10 x 5				



Species Information

Wild Alaskan Pollock is the most abundant fish species harvested in Alaska waters. Managed carefully by NOAA fisheries and certified sustainable, Alaska Pollock is an environmentally responsible seafood choice. Cousin to the codfish, its lean, snow-white meat, delicate texture and mild taste make it one of the most versatile and healthy choices available.

HANDLING INSTRUCTIONS

Keep frozen until ready to thaw. Thawing Instructions: Remove all packaging. Place on tray or plate. Cover with a plastic wrap or wax paper and thaw in refrigerator for 16–24 hours. Keep thawed product refrigerated and use within 2–3 days.

COOKING INSTRUCTIONS

Remove all packaging.

Oven temperatures vary. Cook to an internal temperature of 145°F.

From thawed, allow 10 minutes of cooking time per inch of thickness at 350°F until fish flakes easily when tested with a fork.

From frozen, double the cooking time.

Fish is best when the flesh has just turned opaque and is still moist throughout.

Nutrition Facts	
Serving Size (113 g/4 oz) Cooked	
Amount Per Serving	
Calories	90
	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 110mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	40%
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%

INGREDIENTS: Alaska Pollock. Contains Fish (Alaska Pollock)



5303 SHILSHOLE AVE NW, SEATTLE, WA 98107

(800) 367-6065

(206) 783-3474

FAX: (206) 782-7246

E-MAIL: Sales@TridentSeafoods.com

www.TridentSeafoods.com