

# 10 Grain Pollock

*Wild Alaskan Pollock*



- >> MADE WITH ANCIENT GRAINS
- >> UNIQUE ON-TREND FLAVOR
- >> LIGHT CRISPY BREADING
- >> HIGHLY VERSATILE / ONCE-FROZEN



## 10 Grain Pollock

Now your seafood offerings can catch on to one of the hottest trends in restaurants today. We've taken fillets of wild Alaskan pollock and wrapped them in a light whole grain breading made with ancient grains, including amaranth, millet, quinoa, sorghum and teff. These grains are very popular with consumers now, because in addition to providing whole grain fiber, they also provide higher levels of amino acids, fatty acids, and minerals than other grains.

To offer the most menu versatility and to appeal to a more health-conscious consumer, we've kept the breading light and the seasoning subtle to highlight the mild flavor of the pollock and ancient grains. With no thawing and no preparation, this on-trend product will be a convenient and unique partner for all your favorite sides and their versatile shape also makes them great in sandwiches and wraps.

## Features & Benefits

### >> MADE WITH ANCIENT GRAINS

A healthy and including amaranth, millet, quinoa, sorghum and teff

### >> ON-TREND FLAVOR

Demand is growing for whole and ancient grains

### >> LIGHT CRISPY BREADING

The flavor of Wild Alaskan Pollock shines through

### >> ONCE-FROZEN, WHOLE FILLET

Works well with a wide variety of side dishes

## Species Information

Wild Alaskan Pollock is one of the healthiest and most versatile seafood choices available.

Certified as sustainable and environmentally responsible by NOAA fisheries, Wild Alaskan Pollock is the most abundant fish species harvested in Alaskan waters. Cousin to the codfish, Alaska Pollock also shares the same lean snow-white meat, delicate texture, and mild flavor.

## PACK INFORMATION

ITEM #	DESCRIPTION	PORTION SIZE	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
422150	TR PLK O/R FLT 4OZ-10GRN	4 oz	1/10 lb.	40	0 00 28029 22150 3
400038	TR PLK O/R FLT 4OZ-10GRN MILITARY	4 oz	1/10 lb.	40	0 00 28029 00038 2

10 LB. PACK: DIMENSION: (L x W x D) 15" L x 10" W x 6.25" H  
GROSS WEIGHT: 11.2 lb. CUBE: .54 TI HI: 12 x 7

\* As long as cooked to instruction.



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## COOKING & HANDLING INSTRUCTIONS\*

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

Convection oven: Preheat to 400° F. Place frozen product on lightly greased baking sheet, cook for 11 to 13 minutes until crisp. Turn product halfway through bake time for best results.

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.

ALASKA POLLOCK, ENRICHED WHEAT FLOUR (WHEAT, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SOYBEAN AND/OR CANOLA), WATER, FOOD STARCH - MODIFIED, CONTAINS 2% OR LESS OF: PUMPKIN SEEDS, WHOLE GRAIN ROLLED OATS, MALTODEXTRIN, WHOLE GRAIN FLOUR BLEND (AMARANTH, QUINOA, MILLET, SORGHUM, TEFF), YELLOW CORN FLOUR, SALT, FLAXSEED, SUNFLOWER SEEDS, RICE FLOUR, EXPELLER PRESSED CANOLA OIL, POPPY SEEDS, SUGAR, GARLIC POWDER, ONION POWDER, WHEAT GLUTEN, DEHYDRATED GARLIC, BUTTERMILK POWDER, DEHYDRATED ONION, NATURAL FLAVORS, RYE FLOUR, WHOLE GRAIN OAT FLOUR, YEAST, SPICES, WHOLE WHEAT FLOUR, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), CORN STARCH, TAPIOCA STARCH, WHOLE GRAIN YELLOW CORN FLOUR, DEXTROSE, CELERY SEED, DEHYDRATED PARSLEY, GUAR GUM, LACTIC ACID. CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK.

## Nutrition Facts

Serving Size 1 piece (113 g/4 oz)

### Amount Per Serving

**Calories** 220  
Calories from Fat 90

**Total Fat** 10g 15%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 40mg 13%

**Sodium** 380mg 16%

**Total Carbohydrate** 19g 6%

Dietary Fiber 1g 4%

Sugars 1g

**Protein** 14g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.