



Pollock Fillets

FLAKY FILLETS WITH A MILD FLAVOR



Pacific Dynasty Seafood's Alaska Pollock is a mild white fish with a delicate flaky texture. All Pollock is high in protein and low in fat. Pollock also provides between 400 and 500 milligrams of heart healthy omega-3 fatty acids per 3 Ounce cooked serving.



SODIUM	CALORIES	SAT FAT	TRANS FAT	SUGAR
490mg	60	0g	0g	0g

ITEM	POLLOCK	DIMENSIONS	PACK	GROSS	NET	CUBE	TI x HI	UPC	GTIN
7757	POLLOCK FILLETS 2 - 4 OZ IQF	21.75 x 15.75 x 8.625	4 X 10	44 lbs	40 lbs	1.7	5 X 8	036492077572	00036492077572
7736	POLLOCK FILLETS 4 - 6 OZ IQF	21.75 x 15.75 x 8.625	4 X 10	44 lbs	40 lbs	1.7	5 X 8	036492077367	00036492077367
	PACIFIC DYNASTY RETAIL								
7808	POLLOCK FILLETS 1 LB (2 - 4 OZ)	14.25 x 10.5 x 5.5	10 x 1	11 lbs	10 lbs	0.47	10 x 12	036492078081	00036492078081