

Blue Horizon Alaskan Pollock Fillets 6-8oz / 170-200g - Information

20 Skinless Boneless Pollock fillets that have been individually quick frozen, with a protective water glaze of 20% and packed into a blue lined case.

Our Product Code: 012928
Suppliers Product Code: 145260
Information Last Updated: 10/09/2024
Date Produced: 29/09/2025



Allergy Information

Key: **Contains** **May Contain**



Sesame Gluten Crustaceans Eggs Lupin Nuts

Milk Celery Sulphur Dioxide Soya Cereal Peanuts

Fish Molluscs Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	72.00
Energy (kJ)	305.00
Protein (g)	16.40
Carb (g)	0.00
Of Which Sugars (g)	0.00
Fat (g)	0.70
Of Which Saturates (g)	0.14
Fibre (g)	0.00
Salt (g)	0.15

Dietary Information

Key: **Suitable for**



Kosher Vegetarian Halal Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Yare Food Services. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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Ingredients

Pollock (*Theragra chalcogramma*) (FISH) 80% Water 20% (as a protective glaze)

Handling Information

Directions for Use

Defrost overnight in refrigerator at +5oC or less.
Once defrosted use within 24 hours

Storage Instructions

Store at or below -18oC

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