

ALASKA POLLOCK FILLETS



PETERPAN
SEAFOODS, INC.

ALASKA POLLOCK FILLETS

(*Theragra chalcogramma*)

BUYER'S INFORMATION

Alaska pollock is a member of the cod family and is the largest whitefish fishery in the world with the bulk of the catch coming from the Bering Sea and Gulf of Alaska. Alaska Pollock is MSC certified as a sustainable and environmentally friendly fishery. Pollock is a mild, delicate tasting fish which is a great source of lean protein. All of our Pollock products are once frozen.

FORMS

Fillets: Skin On / Pinbone In
Fillets: Skin Off / Pinbone In
Fillets: Skin Off / Boneless

NUTRITION

Serving Size: 4 oz. raw (112g)
Calories: 92
Calories from Fat: 8
Protein: 19.4 g
Total Fat: 0.9 g
Saturated Fat: 0.2 g
Trans Fat: 0 g
Cholesterol: 80 mg
Sodium: 112 mg
Total Carbohydrates: 0 g
Dietary Fiber/Sugars: 0 g
Omega 3 Fatty Acids: 0.5 g

SPECIFICATIONS

Fillets: Whole sides of pollock, either with or without the pinbone and skin removed.

| Size | Package | Carton |
|------------|-------------|----------|
| 24 lb. | Shatterpack | 3/15 lb. |
| 46 lb. | Shatterpack | 3/15 lb. |
| 6-8 lb. | Shatterpack | 3/15 lb. |
| Over 8 oz. | Shatterpack | 3/15 lb. |

Fillets: Whole sides of pollock, either with or without the pinbone and skin removed.

| Size | Package | Carton |
|-----------|---------|-------------|
| Ocean Run | Block | 1/16.50 lb. |

DIMENSIONS

| Product Description | Package Size | Net Weight | Case Weight | Pallet Configurations | | Cases Per Truckload | Dimensions L" x W" x H" | Cube | Density |
|----------------------|--------------|------------|-------------|-----------------------|--------|---------------------|-------------------------|------|---------|
| | | | | Boxes | Pallet | | | | |
| Pollock Shatter Pack | 3/15 | 45 lbs. | 48 lbs. | 50 | 10x5 | 850-900 | 19.50" x 10.50" x 8.25" | 0.98 | 49.10 |



Seattle, Washington U.S.A.

www.ppsf.com

MFG. UPC 21100