

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 (113g)
Calories: 60
Calories from Fat: 9
Protein: 14 g
Total Fat: 0.5 g
Saturated Fat: 0 g
Trans Fat: 0 g
Cholesterol: 50 mg
Sodium: 380 mg
Total Carbohydrates: 0 g
Dietary Fiber/Sugars: 0 g
Omega 3 Fatty Acids: 190 mg

SPECIFICATIONS

Fillets: Whole fillets of Pollock, Skinless and Boneless.

Size	Package	Carton
2-4 oz	Shatterpack	3/15 lb.
4-6 oz	Shatterpack	3/15 lb.
6-8 oz	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	3/16.50 lb.
XL	Block	3/16.50 lb.

DIMENSIONS

Product Description	Package Size	Net Weight	Case Weight	Pallet Configurations Boxes Pallet	Cases Per Truckload	Dimensions L" x W" x H"	Cube	Density
Pollock Shatter Pack	3/15	45 lbs.	48 lbs.	50 10 x 5	850-900	19.50" x 10.50" x 8.25"	0.98	49.10
Pollock Block	3/16.5	49.5 lbs.	52 lbs.	50 10 x 5	850-900	19.50" x 10.50" x 8.25"	0.98	49.10



Seattle, Washington U.S.A.

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