

Comeau®

Our wild-caught Alaskan pollock fillets are individually quick frozen for convenience and easy preparation. These high-quality fillets can be prepared using a variety of cooking methods.

With their mild flavour and tender, flaky texture when cooked, our pollock fillets offer excellent value and versatility for restaurants, buffets, cafeterias and other foodservice applications.

Alaskan Pollock

Nutrition Facts
Valeur nutritive

Per about 1 fillet (85 g)
pour environ 1 filet (85 g)

Calories 60	% Daily Value* / % valeur quotidienne*
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 45 mg	
Sodium 200 mg	9 %
Potassium 250 mg	7 %
Calcium 10 mg	1 %
Iron / Fer 0.2 mg	1 %

5% or less is **a little**, 15% or more is **a lot**
5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Product Details

2041	Pollock (Alaskan) IQF 2-4 oz	10lb (4.54 kg)	1x10lb	0-62763-02041-1 100-62763-02041-8

Ingredients: pollock, Water, Sodium phosphate (to retain moisture).
Contains: Alaskan pollock (fish).

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