



## Pollock (*Pollachius Virens*) Fresh & Frozen

### Options:

Skin on fillets / Scaled  
Skinless/boneless J-cut fillets  
Single frozen IQF or Interleaved  
Frozen at sea  
Fresh by air  
All sizes

*Pollock travels in shoals in search of food and can be caught in all depths of the ocean, both close to the surface and in deeper waters. Unlike other white fish species, Pollock is known for its distinctive and mild flavored taste, white meat, and flaky texture. Perfect for fried and spicy dishes.*



### Nutrition Facts

4oz (100g) of raw Pollock contains

Energy:	81 kcal
Protein:	17.2 g
Unsaturated Fat:	0.6 g
Saturated Fat:	0.2 g
Cholesterol:	71 mg