



**Ideal for Refreshed and Frozen Seafood Programs**

Grab-and-go convenience for your customers.

Pre-weighed and UPC-coded — goes directly from shipping carton into fresh or frozen case, reducing in-store handling.



Premium wild-caught  
**Alaska  
POLLOCK**

HEALTHY  
PRE-PORTIONED  
CONVENIENCE  
2 SERVINGS

**100% RESPONSIBLY  
WILD-CAUGHT  
SOURCED**

Net weight 8 oz. (227g)

Our GO WILD™ Alaska Pollock is 100% wild-caught from the icy-cold depths of Alaskan waters, where they thrive in their natural environment. Low in calories with no carbohydrates, GO WILD™ fillets are packed with protein and pre-portioned for your convenience. So you can serve the healthiest, most flavorful and most responsibly sourced pollock tonight.

*Wild-caught with care, easy to prepare*

**Cooking Instructions:** Remove pollock fillets from tray and blot dry. Heat 1-2 tbsp. oil or butter in nonstick skillet over medium-high heat. Add fillets and pan sear 4-5 minutes. Turn and cook 4-5 minutes or until center is firm and opaque. Serve and GO WILD!

**Nutrition Facts**

Serving Size 4 oz. (113g)		Calories: 2,000 2,500	
Servings Per Container 2		Total Fat Less than 65g 80g	
<b>Amount Per Serving</b>		Sat Fat Less than 20g 25g	
<b>Calories 60</b>	<b>Calories from Fat 0</b>	Cholesterol Less than 300mg 300mg	
		Sodium Less than 2,400mg 2,400mg	
		Total Carbohydrate 300g 375g	
		Dietary Fiber 25g 30g	
		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
<b>Total Fat 0g</b>	<b>% Daily Value*</b>	Recommended daily value of protein: 50g	
Saturated Fat 0g	0%	<b>INGREDIENTS:</b> Alaska Pollock	
Trans Fat 0g	0%	<b>CONTAINS:</b> Fish	
<b>Cholesterol 50mg</b>	<b>17%</b>	<b>Product of USA</b>	
<b>Sodium 380mg</b>	<b>16%</b>		
<b>Total Carbohydrate 0g</b>	<b>0%</b>		
Dietary Fiber 0g	0%		
Sugars 0g			
<b>Protein 14g</b>			
Vitamin A 0%	Vitamin C 0%		
Calcium 2%	Iron 2%		

**Safe storage and handling:** Store in refrigerator (38°F or below) until ready to prepare. Do not refreeze. If purchased frozen, keep frozen until ready to prepare. Thaw in refrigerator for 3-4 hours before use. This product has a seven-day shelf life once thawed. It should not be consumed after the retailer's stated "Use By" date.

SPECIES	ORIGIN	UPC CODE	CASE GTIN	PACKED	CASE DIMENSIONS	PALLET TI-HI	NET WGT.
Pollock	Alaska	8-8269494401-9	00882694954018	12 x 8 oz.	14.19" x 9.44" x 8.19"	13 x 8	624 lbs.



Taste the difference wild-caught makes!

[www.gowildseafood.com](http://www.gowildseafood.com)



NATIONAL FISHERIES INSTITUTE

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**Wild, Natural & Sustainable®**

All GO WILD™ seafood comes from fisheries that follow responsible, sustainable and traceable fishing practices, preserving supplies for generations to come.

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