



**GREAT NORTHERN  
PRODUCTS, LTD.**

# PACIFIC POLLOCK

*Theragra challogramma*



## Warehouse Specifications:

Master Case Dimensions:

Gross Weight:

Pallet Configuration:

## Nutritional Value:

Per 100gram serving size

Calories (kcal)	70
Total Fat	0.19g
Saturated	0.039g
Monounsaturated	0.043g
Polyunsaturated	0.072g
Cholesterol	61mg
Sodium	159mg
Total Carb	0.0g
Dietary Fiber	0.0g
Sugars	0.0g
Protein	17.17g
Vitamin A	-
Vitamin C	-
Calcium	12mg
Iron	0.27mg

## General Information:

Pacific Pollock is a member of the Cod family. It is found on both sides of the Atlantic in the cooler northern waters along the Canadian coast to New England from Northern Norway and Iceland. Atlantic Pollock is wild captured by bottom trawls and gillnets and is also fished recreationally.

## Latin Name:

*Theragra challogramma*

## Fishing Season:

Pacific Pollock is available year round, but under recent fishery management regulations Atlantic Pollock will be limited to quantity and days at sea for this particular species.

## Average size and Weight:

Fish range from 50 to 90 centimeters long and weigh from 1 to 7kgs.

## Product Available / Frozen

Pacific Pollock is generally available in skinless, boneless fillets as well as in H&G form, but can also be found in dried, salted, smoked, and canned.

## Sensory Characteristics:

Pacific Pollock are brownish-green on the back and slightly pale on the belly. They are a member of the cod family but can be distinguished by their greenish hue and darker flesh.

COOL: Wild caught, USA

## Ingredients:

Pollock

**Quality Control:** HACCP & CFIA approved



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