

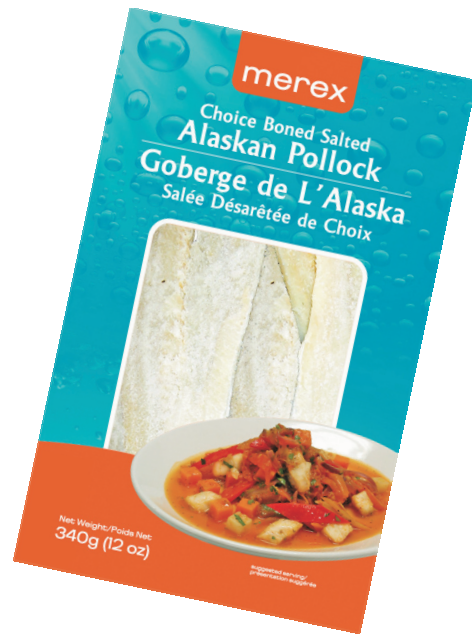
ALASKAN POLLOCK Scientific name: Theragra Chalcogramma



Alaskan Pollock



Lieu d'Alaska
Goberge d'Alaska



Although not commonly found in our markets as recently as ten years ago, Alaskan Pollock has gained popularity because of its white color, mild taste, and attractive and relatively stable pricing compared with other species.

Alaskan Pollock is normally a smaller fish than Atlantic Pollock and it is sold primarily as salted fillets, marketed under both our Merex and Nickerson brand names.

Bulk Packages:

Boned Alaskan Pollock Fillets	Medium	40lbs (18.14kg)
Boned Alaskan Pollock Bits		30lbs (13.60kg)

Retail Packages:

Merex:

Boned Alaskan Pollock (Bag)		20 x 1 lb. (454g)
Boned Alaskan Pollock (Bag)		24 x 1 lb. (454g)
Boned Alaskan Pollock (Bag)		32 x 12 oz (370g)
Boned Alaskan Pollock (Bag)		30 x 12 oz (370g)

Nickerson:

Boned Alaskan Pollock (Bag)		24 x 1 lb. (454g)
Boned Alaskan Pollock (Bag)		48 x 8 oz. (227g)
Boned Alaskan Pollock Bits (Bag)	Bits	20 x 1 lb. (454g)
Boned Alaskan Pollock Bits (Bag)	Bits	40 x 8 oz. (227g)

Nutritional Value:

Nutrition Facts / Datos De Nutrición

Serving Size 2 oz (56g)
Tamaño por Ración 2 oz (56g)
Servings Per Container 8 / Raciones por Envase 8

Amount Per Serving / Cantidad por Ración	
Calories / Calóricas 60	Calories from Fat / Calóricas de Grasa 5
% Daily Value* / % Valor Diario*	
Total Fat / Grasa Total 0.5g	1%
Saturated Fat / Grasa Saturada 0g	0%
Trans Fat / Grasa Trans 0g	
Cholesterol / Colesterol 30mg	9%
Sodium / Sodio 3260mg	136%
Total Carbohydrate / Carbohidrato Total 0g	0%
Dietary Fiber / Fibra Dietética 0g	
Sugars / Azúcares 0g	
Protein / Proteínas 14g	
Vitamin A / Vitamina A 2%	Vitamin C / Vitamina C 0%
Calcium / Calcio 6%	Iron / Hierro 2%
* Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories / Calóricas: 2,000 2,500
Total Fat / Grasa Total	Less than / menos de 65g 80g
Sat Fat / Grasa Saturada	Less than / menos de 20g 25g
Cholesterol / Colesterol	Less than / menos de 300mg 300mg
Sodium / Sodio	Less than / menos de 2,400mg 2,400mg
Total Carbohydrate / Carbohidratos	300g 375g
Dietary Fiber / Fibra Dietética	25g 30g
Calories per gram / Calóricas por gramo: Fat / Grasa 9 • Carbohydrate / Carbohidrato 4 • Protein / Proteínas 4	

Fish should be desalted prior to cooking.
Nutritional values shown above are prior to desalting and therefore not indicative of the salt content in prepared fish.



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