

# Alaskan Whitefish Burger



- >> MADE WITH WILD CAUGHT ALASKA POLLOCK
- >> HEALTHY BURGER ALTERNATIVE
- >> FROM THE WORLD'S LARGEST SUSTAINABLE FISHERY



# Alaskan Whitefish Burger

Made from wild caught Alaska Pollock and individually quick-frozen to lock in freshness, our whitefish burgers cook up quickly and easily, right from frozen. They are seasoned with a flavorful herb blend to enhance the taste of mild whitefish while leaving your menu options wide open.

These versatile burgers can be served as a healthy burger alternative or seafood sandwich menu mainstay. Try them as a BLPT; that's bacon, lettuce, Pollock and tomato. Add any number of global-inspired flavored mayo's like: sriracha, chipotle or wasabi, paired with flatbread or pressed in a Panini, it's easy to break out of the burger routine with our Alaskan Whitefish Burger.



## Features & Benefits

### >> WILD ALASKA POLLOCK

From the world's largest sustainable fishery

### >> SINGLE FROZEN AND DEEP-SKINNED

Whiter, milder, firmer fillet

### >> HEALTHY BURGER ALTERNATIVE

Gluten Free, high protein. Contains 660-830 mg of Omega-3's per serving

## Species Information

Wild Alaska Pollock is the most abundant fish species harvested in Alaska waters. Managed carefully by NOAA fisheries and certified sustainable, Alaska Pollock is an environmentally responsible seafood choice. Cousin to the codfish, its lean, snow-white meat, delicate texture and mild taste make it one of the most versatile and healthy choices available.

## PACK INFORMATION

ITEM #	DESCRIPTION	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
421800	TR AK WHITEFISH BURGER 4OZ	1/10 lb.	40	00028029218008
421799	TR AK WHITEFISH BURGER 3.2OZ	1/10 lb.	50	00028029217995
400037	TR AK WHITEFISH BURGER 4OZ-USA (MILITARY)	1/10 lb.	40	00028029000375
10 LB. PACK: DIMENSION: (L x W x D) 15" L x 10" W x 6.25" H GROSS WEIGHT: 11.2 lb. CUBE: .54 TI HI: 12 x 7				

INGREDIENTS: ALASKA POLLOCK, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), CONTAINS 2% OR LESS OF: WATER, POTATO EXTRACT, ONION POWDER, SUGAR, SEA SALT, DRIED ORANGE PULP, MUSTARD FLOUR, YEAST EXTRACT, GARLIC POWDER, WHITE PEPPER, RED PEPPER, CHIVES.  
CONTAINS FISH (ALASKA POLLOCK)

## COOKING & HANDLING INSTRUCTIONS

KEEP FROZEN UNTIL READY TO COOK. Thawing is not recommended – cook from frozen.

METHOD	TEMP.	3.2 OZ	4 OZ
BBQ or flat grill	350° F	3-4	4-5
Pan fry	Medium Heat	4-5	4-5
Convection Oven	350° F	5-7	8-10
Conventional Oven	400° F	6-8	9-10

\* Cooking times and temperatures may vary substantially. Internal temperature should be at least 165°F. We strive to produce a fully "boneless" product. As with all fish, however, occasional bones may still be present.

Nutrition Facts	
Serving Size 1 piece (113g/4 oz)	
Amount Per Serving	
<b>Calories</b>	160
	Calories from Fat 80
	% Daily Value*
<b>Total Fat</b> 9g	14%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 4.5g	
<b>Cholesterol</b> 60mg	20%
<b>Sodium</b> 250mg	10%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 0g	0%
Sugars 1g	
<b>Protein</b> 18g	36%
Vitamin A 2%	Vitamin C 4%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

Nutrition Facts	
Serving Size 1 piece (91g/3.2 oz)	
Amount Per Serving	
<b>Calories</b>	130
	Calories from Fat 60
	% Daily Value*
<b>Total Fat</b> 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 4g	
<b>Cholesterol</b> 50mg	17%
<b>Sodium</b> 200mg	8%
<b>Total Carbohydrate</b> 4g	1%
Dietary Fiber 0g	0%
Sugars 1g	
<b>Protein</b> 14g	28%
Vitamin A 2%	Vitamin C 2%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	



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