Alaskan Pollock

Theragra Chalcogramma

SEA STAR SEAFOODS
Family Tradition Since 1894

Sea Star Seafoods Ltd.
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Alaskan Pollock (Theragra Chalcogramma) is a white, mild tasting and highly versatile fish that has been billed as "the largest remaining source of palatable fish in the world." The fish is harvested primarily in the North Pacific. Alaskan Pollock is a fairly recent entrant to the salt fish world due to it competitive pricing and consistency of supply.

FAO: 61/67

Bulk

Alaskan Pollock Fillets	20 lbs. (9.07 kg)

Retail

Alaskan Pollock Fillets (Bags)	20 x 16 oz. (454 g)
Alaskan Pollock Fillets (Bags)	20 x 12 oz. (340 g)
Alaskan Pollock Fillets (Bags)	24 x 10 oz. (284 g)
Alaskan Pollock Fillets (Bags)	4 x 5 lbs. (2.26 kg)

Nutrition Facts

Serving size: 56g

Amount per serving

Calories	60
Total Fat	0.5g
Saturated Fat	0g
Cholesterol	30mg
Sodium	3260mg
Protein	14g
Vitamin A	2%
Vitamin C	0%
Calcium	6%
Iron	2%