

10 Lb (4.54 kg) Crispy Crunchy Breaded Cape Hake Portions 4.5 oz, MSC

Introducing our Crispy Crunchy Cape Hake Sandwich Portion, a true delight for seafood lovers! Bite into crispy perfection of tender Cape hake, coated in toasted wheat crumbs for an irresistible crunch. Tested to hot hold for up to 45 minutes, this portion is versatile in so many ways. Elevate your sandwich game with this crispy sensation and Hake it up a notch! A great whitefish alternative to Cod and Haddock.

Product Last Saved Date: 01 October 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

35 Servings per container

Serving Size 4.5 oz (126g / About 1 Fillet)

Amount Per Serving	
Calories	**250**
	% Daily Value*
Total Fat 9 g	**12%**
Saturated Fat 1.5 g	**8%**
Trans Fat 0 g	
Cholesterol 50 mg	**17%**
Sodium 250 mg	**11%**
Total Carbohydrates 25 g	**9%**
Dietary Fiber 1 g	**4%**
Total Sugars 1 g	
Includes 0 g Added Sugars	**0%**
Protein 16 g	
Vitamin D 1 mcg	6%
Calcium 40 mg	4%
Iron 2.1 mg	10%
Potassium 220 mg	4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Specifications :

Code	GTIN	Type Of Catch
12300278	10035493002788	WILD

Brand	GPC Description
High Liner Foodservice Signature	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.721 LBR	10 LBR	N/A	Undeclared	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.697 INH	7.697 INH	8.394 INH	0.587 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :

CAPE HAKE, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: YELLOW CORN FLOUR, SALT, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, YEAST, GARLIC POWDER, ONION POWDER, DEXTROSE, GUAR GUM. CONTAINS: CAPE HAKE (FISH), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - C	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: FRYER: Preheat fryer to 350°F and fry for 5.5 - 6 minutes. CONVECTION OVEN: Preheat oven to 425°F and bake for 15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

Species / Scientific Name:

Cape Hake - Merluccius capensis, Merluccius paradoxus

Serving Suggestions:

Ideal for fish sandwiches, paired with creamy tartar sauce or your own complimentary dipping sauce.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:


PERISHABLE
KEEP FROZEN


