

# 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: 20 October 2025

**Brand** 

# **Nutrition Facts**

35 Servings per container

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

| Amoun | t Per | Serving | g |
|-------|-------|---------|---|
| Cal   | or    | ies     |   |

250

| 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%             |

|    | Product Specifications : |                |               |  |  |  |  |
|----|--------------------------|----------------|---------------|--|--|--|--|
|    | Code                     | GTIN           | Type Of Catch |  |  |  |  |
| et | 12300278                 | 10035493002788 | WILD          |  |  |  |  |

| Cross Weight  | Not Weight | Country of Origin                  | Vachar | Cluton Fron |
|---------------|------------|------------------------------------|--------|-------------|
| High Liner Fo | odservice  | Fish - Prepared/Processed (Frozen) |        | ozen)       |
|               |            |                                    |        |             |

**GPC Description** 

| Gross Weight | Net Weight | Country of Origin | Kosher     | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 10.721 LBR   | 10 LBR     | N/A               | Undeclared | No          |

| 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'): |           |               |  |  |  |
|--|-----------|---------------|--|--|--|
| Eggs - 30 Milk - 30 Soy - 30   |           |               |  |  |  |
| Fish - C   | Wheat - C | TreeNuts - 30 |  |  |  |
| Peanuts - 30 Crustacean - 30 Sesame - 30                                 |           |               |  |  |  |

#### 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:









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

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