



## High Liner Foodservice Signature, 4.54 kg / 10 lb, North Atlantic Sea Scallops, < 10 / lb

Flash frozen directly after harvesting, High Liner scallops maintain their all-natural fresh taste and appearance. Even after thawing, they remain translucent and fresh looking. Product may be baked, broiled, sautéed, pan fried, stir-fried, grilled or poached. Scallops will turn slightly opaque after cooking.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container	
<b>Serving Size</b>	<b>Per 100 g</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>70</b>
% Daily Value*	
<b>Total Fat</b> 0.5 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 25 mg	<b>%</b>
<b>Sodium</b> 390 mg	<b>17%</b>
<b>Total Carbohydrates</b> 3 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>
<b>Protein</b> 12 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 0.4 mg	2%
Potassium 200 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
4502	10061763045025	

Brand	GPC Description
High Liner Foodservice Signature	Shellfish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.963 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
38.6 CMT	23.995 CMT	13.065 CMT	0.012 MTQ	13x14	540 Days	

Ingredients :
Scallops. Contains: Scallops (molluscs).

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

### Prep & Cooking Suggestions:

NOTE: Fully cooked scallops are milky white or opaque and firm. Cook to an internal temperature of 165°F/74°C. COOK FROM FROZEN. KEEP FROZEN UNTIL USED - DO NOT REFREEZE IF THAWED.

### Species / Scientific Name:

### Serving Suggestions:

• As an Appetizer – top Crostini bread with avocado spread, cherry tomatoes and grilled Scallops • Ceviche is hot! Serve this cold appetizer salad of lime-marinated Scallops and colorful diced tomatoes, peppers and cilantro • An elegant dinner – serve pan-seared Scallops, crispy and caramelized, marinated in ginger and Teriyaki sauce over your choice of Asian noodles • On Pasta – Scallop and bacon belong together! Toss linguine pasta with Scallops, bacon, tomatoes and spinach

### Claims & Child Nutrition:

BAP Certified:  
MSC Certified: Yes  
Has CN Statement: No  
CN Statement:

