

# High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Pacific Halibut Portions, 57 - 85 g / 2 - 3 oz

Pacific Halibut is prized for it's sweet and succulent flavour and snow-white colour. The firm chunky flakes provide the meaty appeal for which this premium fish is known.

Product Last Saved Date: 04 June 2025



# **Nutrition Facts**

Servings per container

Serving Size Per about 2 portions (142 g)

Amoun	t Per	Serving	ś
Cal	or	ies	

120

Calories	120
	% Daily Value*
Total Fat 2 g	3%
Saturated Fat 0.4 g	2%
Trans Fat 0 g	
Cholesterol 70 mg	%
Sodium 95 mg	4%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 26 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 0.2 mg	1%
Potassium 600 mg	13%

Product Specifications :				
Code GTIN		Type Of Catch		
8881	10061763088817			

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

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

	Shipping Information					
Lengi	h Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
36.9 CI	1T 25.2 CMT	14.1 CMT	0.0131 MTQ	11×10	540 Days	

#### Ingredients:

Pacific halibut. Contains: Pacific halibut (fish).

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:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FOR BEST RESULTS, COOK FROM FROZEN. Cook until a minimum internal temperature of 158°F (70°C) is reached. To thaw, place in refrigerator overnight. Do not thaw in warm water or at room temperature.

### Serving Suggestions:

Poach halibut in an aromatic broth with lemongrass and ginger. Goes great with roasted vegetables or smashed cauliflower.

## Species / Scientific Name:

#### Claims & Child Nutrition:

BAP Certified:

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







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