

High Liner Foodservice Signature, 4.54 kg / 10 lb, Individually Quick Frozen Basa Loins, approx 113 g / 4 oz



The delicate texture and light flavor of Basa provides a variety of recipe possibilities for your menu. These versatile fillets are IQF, consistent in size and shape, making preparation and portion control easy across a range of applications. Responsibly Sourced.

Product Last Saved Date: 17 February 2025



Nutrition Facts

Servings per container

Serving Size Per about 1 loin (113 g)

Amount Per Serving

Calories 130

% Daily Value*

Total Fat 7 g 9%

Saturated Fat 1.5 g 8%

Trans Fat 0 g

Cholesterol 60 mg %

Sodium 110 mg 5%

Total Carbohydrates 0 g %

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes Added Sugars %

Protein 17 g

Vitamin D %

Calcium 10 mg 1%

Iron 0.3 mg 2%

Potassium 350 mg 7%

* 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
1166	10061763011662	

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

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
31.4 CMT	24.6 CMT	13.9 CMT	0.01074 MTQ	15x13	540 Days	-25 CEL / -18 CEL

Ingredients :

Basa. Contains: Basa (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:

Coat Basa with a batter of shredded coconut and coconut milk: deep fry, and enjoy a tasty dish with excellent crunch. Pan sear Basa and garnish with mango and red pepper salsa for a delicious and light Caribbean meal. Top with a tangy parmesan, herb and breadcrumb crust; serve with your choice of side salad for a healthy lunch or dinner offering. Blacken with Cajun spices and serve with a creamy sauce garnished with sautéed shrimp or crab meat.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

