

# 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: 04 June 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 |             |

| 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   |                      |

### Ingredients :

Basa. Contains: Basa (fish).

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

|              |                 |               |
|--------------|-----------------|---------------|
| 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:

