

# High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Pacific Halibut Fletches, 227 - 454 g / 8 - 16 oz



High Liner Foodservice Pacific Halibut Fletches are generously portioned and boneless for the ultimate in preparation versatility. Wild caught in the frigid North Pacific, these Fletches come individually quick frozen to freshly lock in what Halibut is so prized for: sweet, succulent flavour, snow-white colour, and firm, chunky flakes for a deliciously meaty appeal. Each of these unique characteristics are perfectly preserved whether baked, pan-seared, poached, or grilled, cooking to desired perfection with truly mouth-watering plate coverage and appeal that will certainly tempt the most discriminating of seafood lovers.

Product Last Saved Date: 17 February 2025



Nutrition Facts	
Servings per container	
<b>Serving Size</b>	<b>Per 100 g</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 1.5 g	<b>2%</b>
Saturated Fat 0.3 g	<b>2%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 45 mg	<b>%</b>
<b>Sodium</b> 105 mg	<b>5%</b>
<b>Total Carbohydrates</b> 0 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>
<b>Protein</b> 18 g	
Vitamin D	<b>%</b>
Calcium 10 mg	<b>1%</b>
Iron 0.2 mg	<b>1%</b>
Potassium 400 mg	<b>9%</b>

\* 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
12300005	10061763100052	

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

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

## Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
44.3 CMT	25.8 CMT	13.5 CMT	0.0154 MTQ	10x11	540 Days	-25 CEL / -18 CEL

## Ingredients :

Pacific halibut, Water, Sodium phosphate (to retain moisture). 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.

## Species / Scientific Name:

## Serving Suggestions:

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

## Claims & Child Nutrition:

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



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