

10 Lb (4.54 kg) UpperCrust Potato Crusted Southern Blue Whiting Fillet cut from fillets, 3.5 oz, MSC

UpperCrust® Potato Crusted Southern Blue Whiting Fillets combine the best of deliciously moist, flaky wild caught Southern Blue Whiting with a flavor-packed crunchy crust. These deliciously crispy UpperCrust® fillets represent the gold standard in handmade appearance and authentic ingredients for an experience your guests will most certainly crave.

Product Last Saved Date: 01 October 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / About 1 Piece

Amount Per Serving	
Calories	**130**
	% Daily Value*
Total Fat 3 g	**4%**
Saturated Fat 0 g	**0%**
Trans Fat 0 g	
Cholesterol 60 mg	**20%**
Sodium 410 mg	**18%**
Total Carbohydrates 9 g	**3%**
Dietary Fiber 0 g	**0%**
Total Sugars 0 g	
Includes 1 g Added Sugars	**0%**
Protein 17 g	
Vitamin D 1.2 mcg	6%
Calcium 50 mg	4%
Iron 0.6 mg	4%
Potassium 260 mg	6%

* 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
12300191	10035493001910	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.658 LBR	10 LBR	N/A	Undeclared	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.697 INH	7.697 INH	8.394 INH	0.5870 FTQ	15x5	547 Days	-10 FAH / 0 FAH

Ingredients :

SOUTHERN BLUE WHITING, WATER, MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF THE FOLLOWING: VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), DEHYDRATED POTATOES, POTATO STICKS (DEHYDRATED POTATOES, CANOLA OIL, SALT), SALT, YELLOW CORN FLOUR, WHITE CORN FLOUR, POTATOES, DISODIUM GUANYLATE, DISODIUM INOSINATE, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), CHEDDAR CHEESE (MILK, SALT, CULTURES, ENZYMES), AUTOLYZED YEAST EXTRACT, VINEGAR, GARLIC POWDER, ONION POWDER, TORULA YEAST, NATURAL FLAVORS, YEAST, MALTED BARLEY FLOUR, LEAVENING (SODIUM BICARBONATE), SEA SALT, BUTTERMILK POWDER, DEXTROSE, DISODIUM PHOSPHATE. CONTAINS: FISH (SOUTHERN BLUE WHITING), WHEAT, MILK

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

Eggs - INII	Milk - C	Soy - INII
Fish - C	Wheat - C	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 350°F and bake for 15-17 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Southern Blue Whiting - Micromesistius australis

Serving Suggestions:

UpperCrust® makes this a superb center of the plate star, as well as sandwiches and fish baskets. Pairs well with a variety of sides, traditional cocktail sauces or your own complementary creation.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:


PERISHABLE
KEEP FROZEN


