



High Liner Foodservice Signature, 4.54 kg / 10 lb, Pan-Sear
SELECTS Citrus & Herb - Blue Cod, Lightly Breaded with a hint
of Citrus & Herb

Pan-Sear Citrus and Herb Blue Cod is lightly coated with citrus and herb seasoned breading, and easily cooks thawed or from frozen to crispy perfection, whether baked, deep-fried, pan-sautéed, or flat-grilled. These delicious fillets are part of Pan-Sear Selects® line featuring from-scratch quality without the from-scratch labor.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (103 g)

Amount Per Serving

Calories

150

% Daily Value*

Total Fat 6 g

8%

Saturated Fat 0.5 g

3%

Trans Fat 0 g

Cholesterol 50 mg

%

Sodium 350 mg

15%

Total Carbohydrates 9 g

%

Dietary Fiber 0 g

0%

Total Sugars 0 g

Includes Added Sugars

%

Protein 15 g

Vitamin D

%

Calcium 40 mg

3%

Iron 0.5 mg

3%

Potassium 200 mg

4%

* 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
12300238	10061763002387	

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

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
39.87 CMT	19.55 CMT	21.32 CMT	0.017 MTQ	15x8	547 Days	

Ingredients :

Blue Cod, Water, Canola oil, Modified corn starch, Rice flour, Seasonings (spices, onion, orange peel, disodium inosinate, disodium guanylate, yeast extract, garlic, parsley, chives, green onion, citric acid), Salt, Sugars (sugar, maltodextrin), Sodium phosphate (to retain moisture), Natural flavour (lemon, garlic, orange, rosemary), Turmeric, Soya lecithin. Contains: Blue Cod (fish), Soy.

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:

COOK FROM FROZEN, until a minimum internal temperature of 158°F (70°C) is reached. PAN SAUTÉ / FLAT GRILL: Preheat flat grill to 325°F (160°C), medium high heat, for 9-10 min. Turn halfway. DEEP FRY: Immerse in oil preheated to 350°F (180°C) for 5 - 6 min. CONVECTION OVEN: Place fillets in a single layer on a lightly greased baking pan. Bake in a preheated 375°F (190°C) oven for 9-11 min.

Serving Suggestions:

Ideal for entrées, as a specialty sandwich, or as a unique dinner salad. Pairs well with a variety of complementary sides and signature sauces.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:

