



1/10 LB Prefried Breaded Fish Sticks, Made from Minced Fish, 0.8 oz

High Liner Foodservice Breaded Minced Fish Sticks are an excellent option for menus on a budget. These delicious Fish Sticks are made with a select seafood blend featuring premium wild caught fish, and coated with complementary seasoned breading. Each oven-ready portion cooks to crispy, flavorful flaky fish perfection in no time with minimal prep.

Product Last Saved Date: 04 April 2025



HIGH LINER
FOODSERVICE™

Nutrition Facts

40 Servings per container

Serving Size 5 Sticks (112g)

Amount Per Serving

Calories **280**

% Daily Value*

Total Fat 12 g **16%**

Saturated Fat 2 g **10%**

Trans Fat 0 g

Cholesterol 15 mg **5%**

Sodium 670 mg **29%**

Total Carbohydrates 30 g **11%**

Dietary Fiber 3 g **10%**

Total Sugars 3 g

Includes 1 g Added Sugars **2%**

Protein 12 g

Vitamin D 0 mcg 0%

Calcium 50 mg 4%

Iron 1.6 mg 10%

Potassium 340 mg 8%

* 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
1049760	10035493497607	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :

SEAFOOD BLEND (MINCED FISH [POLLOCK, HADDOCK, SOLE, COD, WHITING, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)], WATER, SOY FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEASONING (SALT, HYDROLYZED CORN PROTEIN, SUGAR, ONION POWDER, GUAR GUM, SPICES, NATURAL FLAVOR)), WHEAT FLOUR, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: WATER, YEAST, SUGAR, WHEY, SALT, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), NONFAT MILK. CONTAINS: FISH (POLLOCK, HADDOCK, SOLE, COD, WHITING), WHEAT, SOY, MILK.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS: Keep frozen until ready to prepare – Do not refreeze.
CONVENTIONAL OVEN: Place oven rack in center of the oven. Preheat oven to 400°F. Place frozen fish in a single layer on shallow baking pan. Bake for 16 to 19 minutes or until golden brown. For best results flip halfway through baking. **NOTE: SINCE APPLIANCES VARY, THESE COOKING INSTRUCTIONS ARE ONLY A GUIDELINE. COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.**

Serving Suggestions:

Ideal as a kids menu entrée, fish basket, or fun appetizer. Pairs well with a variety of traditional sauces or your own complementary recipe.

Species / Scientific Name:

Multiple Fish Species (POLLOCK, HADDOCK, SOLE, COD, WHITING)

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

