



5 LB (2.27 kg) Oven Ready Krispy Krunchy Breaded Whiting Fillets 4 oz, MSC

Viking Oven-Ready Krispy Krunchy® Breaded Whiting Fillets feature natural cut from high quality wild caught Whiting. Each is coated in a specially seasoned breading that cooks to golden, crunchy perfection, preserving the mild flavor and flakiness of this species. These ready-to-cook fillets easily bake from frozen in minutes, and deliver exceptional plate coverage and appeal.

Product Last Saved Date: 28 July 2025



Nutrition Facts

20 Servings per container
Serving Size 1 Fillet (112g)

Amount Per Serving
Calories 260

	% Daily Value*
Total Fat 11 g	15%
Saturated Fat 2 g	9%
Trans Fat 0 g	
Cholesterol 45 mg	16%
Sodium 430 mg	19%
Total Carbohydrates 23 g	8%
Dietary Fiber 1 g	2%
Total Sugars 1 g	
Includes 1 g Added Sugars	2%

Protein 15 g	
Vitamin D 1 mcg	6%
Calcium 40 mg	4%
Iron 1.5 mg	8%
Potassium 210 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
1058500	00073538585004	WILD

Brand	GPC Description
Viking	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.5 LBR	5 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13 INH	9.5 INH	4 INH	0.2859 FTQ	15x10	547 Days	-10 FAH / 0 FAH

Ingredients :						
WHITING, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WATER, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: DEXTROSE, SPICES, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), GRANULATED GARLIC, SALT, YEAST, PAPRIKA EXTRACT (COLOR). CONTAINS: FISH (WHITING), WHEAT						

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

FOR FOOD SAFETY AND QUALITY, PLEASE FOLLOW THESE COOKING INSTRUCTIONS. KEEP FROZEN—DO NOT REFREEZE. COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: PLACE FROZEN FILLETS ON A LIGHTLY OILED SHEET PAN. CONVECTION OVEN: PREHEAT OVEN TO 400°F AND BAKE FOR 12-14 MINUTES. CONVENTIONAL OVEN: PREHEAT OVEN TO 450°F AND BAKE FOR 14-16 MINUTES. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM. WARNING: WHILE EVERY EFFORT HAS BEEN MADE TO REMOVE BONES FROM THIS PRODUCT, SOME BONES MAY REMAIN. PLEASE USE CAUTION WHEN CONSUMING.

Serving Suggestions:

Entrée

Species / Scientific Name:

Whiting - Merluccius productus

Claims & Child Nutrition:

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

