



## 1/5 LB 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: 16 December 2024



**HIGH LINER**  
FOODSERVICE™

## 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:

