



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: 20 October 2025



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' INII=Intentionally nor Inherently Included):

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

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:

