

High Liner Foodservice, 11.34 kg / 25 lb, Quick Frozen, Individually Vacuum Packed Pacific Halibut Fletches, 454 g - 1.36 kg / 1 - 3 lb



High Liner Foodservice Pacific Halibut Fletches are generously portioned and boneless for the ultimate in preparation versatility. Wild caught in the frigid North Pacific, these Fletches come individually quick frozen to freshly lock in what Halibut is so prized for: sweet, succulent flavour, snow-white colour, and firm, chunky flakes for a deliciously meaty appeal. Each of these unique characteristics are perfectly preserved whether baked, pan-seared, poached, or grilled, cooking to desired perfection with truly mouth-watering plate coverage and appeal that will certainly tempt the most discriminating of seafood lovers.

Product Last Saved Date: 17 February 2025



Nutrition Facts		Product Specifications :		
Servings per container		Code	GTIN	Type Of Catch
Serving Size	Per 100 g	12300002	10061763100021	
Amount Per Serving		Brand	GPC Description	
Calories	80	High Liner Foodservice	Fish - Unprepared/Unprocessed (Frozen)	
	% Daily Value*	Gross Weight	Net Weight	Country of Origin
Total Fat 1.5 g	2%	14.378 KGM		
Saturated Fat 0.3 g	2%			Kosher
Trans Fat 0 g				Undeclared
Cholesterol 45 mg	%			Gluten Free
Sodium 105 mg	5%			No
Total Carbohydrates 0 g	%	Shipping Information		
Dietary Fiber 0 g	0%	Length	Width	Height
Total Sugars 0 g		61.4 CMT	34.6 CMT	15.8 CMT
Includes Added Sugars	%	Volume	TlxHI	Shelf Life
Protein 18 g		0.0336 MTQ	5x9	540 Days
Vitamin D	%			Storage Temp From/To
Calcium 10 mg	1%	-25 CEL / -18 CEL		
Iron 0.2 mg	1%	Ingredients :		
Potassium 400 mg	9%	Pacific halibut, Water, Sodium phosphate (to retain moisture). Contains: Pacific halibut (fish).		
* 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.		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:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FOR BEST RESULTS, COOK FROM FROZEN. Cook until a minimum internal temperature of 158°F (70°C) is reached. To thaw, place in refrigerator overnight. Do not thaw in warm water or at room temperature.

Species / Scientific Name:

Serving Suggestions:

Poach halibut in an aromatic broth with lemongrass and ginger. Goes great with roasted vegetables or smashed cauliflower.

Claims & Child Nutrition:

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



Information subject to change without notice at the discretion of High Liner Foods (USA)
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