

1/9 lb Big Bob's Belly Buster Fisherman's Platter, 9 oz

It doesn't get any bigger or better than Big Bob's Belly Buster® Fisherman's Platter. This larger-than-life selection of Flounder, Shrimp and Scallops are coated with specially seasoned breading for the ultimate "wow" factor in flavor, plate coverage and appeal. Each full platter comes frozen, and bakes or fries with minimal prep in minutes to more than satisfy the heartiest of appetites. Each 9 oz. pre-portioned bag contains: 3 oz Breaded Flounder, 2.5 oz Country Breaded Scallops, 3.5 oz Country Breaded Shrimp

Product Last Saved Date: 25 March 2025



Nutrition Facts

16 Servings per container

Serving Size 3 oz (84g / About 1 Fillet)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 8 g 10%

Saturated Fat 1.5 g 7%

Trans Fat 0 g

Cholesterol 25 mg 8%

Sodium 260 mg 11%

Total Carbohydrates 16 g 6%

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 8 g

Vitamin D 1.5 mcg 8%

Calcium 0 mg 0%

Iron 1.3 mg 8%

Potassium 110 mg 2%

* 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
10026407	10073538264074	FARM RAISED, WILD

Brand	GPC Description
High Liner Foods	Aquatic Invertebrates/Fish/Shellfish/Seafood Mixes - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
9.9 LBR	9.0 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	9.8125 INH	7.8125 INH	0.7015 FTQ	15x4	540 Days	-10 FAH / 0 FAH

Ingredients :

INGREDIENTS: FLOUNDER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), WATER, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, NATURAL FLAVORS, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), DRIED YEAST, CELLULOSE GUM, EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), CONTAINS: FISH (FLOUNDER), WHEAT INGREDIENTS: SCALLOPS, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CORN STARCH, WATER, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, YELLOW CORN FLOUR, ONION POWDER, DEXTROSE, NATURAL FLAVORS, GARLIC POWDER, SPICES, AUTOLYZED YEAST EXTRACT, SUGAR, YEAST, XANTHAN GUM, PAPRIKA EXTRACT (COLOR), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SOY FLOUR, MODIFIED MILK INGREDIENTS (DRIED WHEY), CONTAINS: WHEAT, SOY, MILK INGREDIENTS: SHRIMP, WHEAT FLOUR, WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), MODIFIED CORN STARCH, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, Malted Barley Flour, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF THE FOLLOWING: WHEAT GLUTEN, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, WHEAT STARCH, SPICES, EGG WHITES, DEXTROSE, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), SUGAR, EXPPELLER PRESSED CANOLA OIL, NATURAL FLAVORS, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), GARLIC, LEMON JUICE CONCENTRATE. CONTAINS: CRUSTACEAN SHELLFISH (SHRIMP), WHEAT, EGGS

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INI='Intentionally nor Inherently Included'):

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for about 3 minutes. TO BAKE: Place frozen seafood on a lightly oiled baking pan. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Sole-Lepidopsetta bilineata, Limanda aspera, Hippoglossoides elassodon, Glyptocephalus zachirus,Plaice-Hippoglossoides platessoides, Pleuronectes quadrituberculatus;Flounder-Limanda ferruginea;Scallop-Argopecten purpuratus;Shrimp-Litopenaeus vannamei

Serving Suggestions:

The ultimate hearty-appetite seafood platter entree, this dish pairs perfectly with fries, and a variety of sauces that complement its big, bold flavors.

Claims & Child Nutrition:

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

