

# High Liner, 4.54 kg / 10 lb, Crispy Crunchy Breaded Cape Hake, approx. 128 g / 4.5 oz

Introducing our Crispy Crunchy Cape Hake Sandwich Portion, a true delight for seafood lovers! Bite into crispy perfection of tender Cape hake, coated in toasted wheat crumbs for an irresistible crunch. Tested to hot hold for up to 45 minutes, this portion is versatile in so many ways. Elevate your sandwich game with this crispy sensation and Hake it up a notch! A great whitefish alternative to Cod and Haddock.

Product Last Saved Date: 31 August 2026

HIGH LINER FOODSERVICE™

## Nutrition Facts

Servings per container

**Serving Size Per about 1 portion (128 g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **240** |
| | **% Daily Value*** |
| **Total Fat** 9 g | **12%** |
| Saturated Fat 0.5 g | **3%** |
| *Trans* Fat 0 g | |
| **Cholesterol** 50 mg | **%** |
| **Sodium** 250 mg | **11%** |
| **Total Carbohydrates** 25 g | **%** |
| Dietary Fiber 1 g | **4%** |
| Total Sugars 1 g | |
| Includes Added Sugars | **%** |
| **Protein** 16 g | |
| Vitamin D | % |
| Calcium 40 mg | 3% |
| Iron 2 mg | 11% |
| Potassium 225 mg | 7% |

* 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 |
|---|---|---|
| 12300391 | 10061763003919 | |

| Brand | GPC Description |
|---|---|
| High Liner | Fish - Prepared/Processed (Frozen) |

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|---|---|---|---|---|
| 4.84 KGM | | | Undeclared | |

**Shipping Information**

| Length | Width | Height | Volume | TIxHI | Shelf Life | Storage Temp From/To |
|---|---|---|---|---|---|---|
| 39.87 CMT | 19.55 CMT | 21.32 CMT | 0.017 MTQ | 15x8 | 540 Days | |

## Ingredients :

Cape hake, Toasted wheat crumbs, Water, Canola oil, Modified corn starch, Flour (corn, wheat), Salt, Seasonings (garlic, onion), Sugars (dextrose), Guar flour. Contains: Cape hake (fish), Wheat.

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

| | | |
|---|---|---|
| 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. DEEP FRY: Immerse frozen fish in preheated 350°F (180°C) oil for about 5 ½ – 6 min. DO NOT OVERLOAD FRYER. CONVECTION OVEN: Place in a single layer of frozen fish on a shallow baking pan in a preheated 425°F (220°C) oven for about 15 min. NOTE: Since appliances vary, these instructions are guidelines only. Fully cooked fish is opaque and flakes easily with a fork. Cook to a minimum internal temperature of 158°F (70°C).

## Species / Scientific Name:

## Serving Suggestions:

Ideal for fish sandwiches, paired with creamy tartar sauce or your own complimentary dipping sauce.

## Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:





