

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

Voici la portion croustillante et croquante de merlu du Cap pour sandwiches, un vrai délice pour les amateurs de produits de la mer! Mordez dans la perfection croustillante du tendre merlu du Cap, enrobé d'une chapelure de blé grillée et irrésistiblement croquante. La portion polyvalente à bien des égards se garde bien au réchaud jusqu'à 45 minutes. Relevez vos sandwiches d'un cran avec cet étonnant merlu croustillant! C'est un excellent poisson blanc pour remplacer la morue et l'aiglefin.

Product Last Saved Date: 06 May 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	TlxHI	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' INI='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).

Serving Suggestions:

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

Species / Scientific Name:

Claims & Child Nutrition:

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

