



# 1/10 LB UpperCrust Mediterranean Crusted Salmon with Sun Dried Tomato and Pine Nuts, cut from fillets, MSC

High Liner Foodservice Mediterranean Salmon is breaded with a medley of tomato, garlic, sun-dried tomatoes, Romano and real pine nuts. This creates a flavor-packed crunchy crust that complements the Salmon's texture and flavors with a true Mediterranean influence. These oven-ready fillets exemplify why UpperCrust® is the gold standard in handmade appearance and authentic ingredients.

Product Last Saved Date: 04 April 2025

## Nutrition Facts

40 Servings per container

**Serving Size 4 oz (112g / about 3/4 piece)**

Amount Per Serving	
Calories	210
% Daily Value*	
<b>Total Fat</b> 10 g	<b>13%</b>
Saturated Fat 1.5 g	<b>7%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 45 mg	<b>15%</b>
<b>Sodium</b> 360 mg	<b>16%</b>
<b>Total Carbohydrates</b> 7 g	<b>3%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 20 g	
Vitamin D 10.1 mcg	50%
Calcium 30 mg	2%
Iron 0.9 mg	4%
Potassium 370 mg	8%

\* 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
1089736	10035493897360	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.0 LBR	10.0 LBR	N/A	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.6929 INH	7.7165 INH	9.8819 INH	0.5160 FTQ	20x4	547 Days	-10 FAH / 0 FAH

### Ingredients :

PINK SALMON, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, ROMANO CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), PINE NUTS, SALT, SPICES, CORN SYRUP, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUN DRIED TOMATO POWDER, CORN CEREAL, YELLOW CORN FLOUR, DEHYDRATED GARLIC, DEHYDRATED ONION, WHITE CORN FLOUR, DISODIUM GUANYLATE, DISODIUM INOSINATE, AUTOLYZED YEAST EXTRACT, VINEGAR, YEAST, MALTED BARLEY FLOUR, MALTODEXTRIN, PALM OIL, NATURAL AND ARTIFICIAL FLAVORS, TORULA YEAST, ONION POWDER, GARLIC POWDER, LEAVENING (SODIUM BICARBONATE), SEA SALT, RED 40 LAKE, DEXTROSE, TOMATO POWDER, YELLOW 6 LAKE, CARAMEL COLOR, YELLOW 5 LAKE, BLUE 1 LAKE, BLUE 2, OLIVE OIL, SULFITES. CONTAINS: FISH (SALMON), WHEAT, MILK, TREE NUTS (PINE NUTS)

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

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

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 325°F and bake for 17-20 minutes. CONVENTIONAL OVEN: Preheat oven to 375°F and bake for 36-38 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Serving Suggestions:

A center of the plate star that also take salads and sandwiches to another level. Pairs well with any complementary sauce or side you have in mind.

### Species / Scientific Name:

Pink Salmon - Oncorhynchus gorboscha

### 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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