



1/10 LB Crunchy Raw Breaded Flounder Fillets, 3 oz

High Liner Foodservice Crunchy Breaded Flounder Fillets feature natural cut from high quality wild caught Flounder. Each is coated in a specially seasoned breading that cooks to golden extra-crunchy perfection, preserving the mild flavor and flakiness of this species. These ready-to-cook fillets easily deep fry from frozen in minutes, and deliver exceptional plate coverage and appeal.

Product Last Saved Date: 04 April 2025



Nutrition Facts

53 Servings per container
Serving Size 3 oz (84g/About 1 Fillet)

Amount Per Serving
Calories **110**

	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 25 mg	8%
Sodium 330 mg	14%
Total Carbohydrates 15 g	6%
Dietary Fiber 0 g	0%
Total Sugars 1 g	
Includes 1 g Added Sugars	1%

Protein 8 g	
Vitamin D 1.5 mcg	8%
Calcium 0 mg	0%
Iron 0.4 mg	2%
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
1049325	10035493493258	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :

FLOUNDER, WATER, BLEACHED WHEAT FLOUR, WHEAT FLOUR, YELLOW CORN FLOUR, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: SALT, NATURAL FLAVORS, DEXTROSE, EXPELLER PRESSED CANOLA OIL, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EGGS, SUGAR, GUAR GUM, YEAST, NONFAT MILK, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (FLOUNDER), WHEAT, MILK, EGGS

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 3 ¾ - 4 ½ minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Species / Scientific Name:

Sole - Limanda aspera, Flounder - Limanda ferruginea

Serving Suggestions:

Ideal for center of the plate entrées, as well as sandwiches, baskets, or further portioned atop a salad. Pairs extremely well with a variety of traditional sides and seafood sauces, or your own complementary recipes.

Claims & Child Nutrition:

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

