

## 10 Lb (4.54 kg) 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: 23 June 2026



**HIGH LINER**  
FOODSERVICE™

## 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	

### 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' INII='Intentionally nor Inherently Included'):

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

### 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:

