



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: 26 August 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 ¼ - 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:

