

10 Lb (4.54 kg) Crunchy Raw Breaded Formed Flounder Portions 4 oz

High Liner Foodservice Crunchy Breaded Flounder Portions feature shaped to a natural appearance. These tender wild caught portions are coated in a signature seasoned breading for an extra crunchy, flavorful flaky bite. Simple to prepare, each fries from frozen to perfection in minutes with the consistency and plate appeal you demand.

Product Last Saved Date: 20 October 2025



HIGH LINER
FOODSERVICE™



Nutrition Facts

40 Servings per container

Serving Size 112 g / 1 Portion

Amount Per Serving

Calories 130

% Daily Value*

Total Fat 1.5 g 2%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 30 mg 10%

Sodium 400 mg 17%

Total Carbohydrates 18 g 7%

Dietary Fiber 1 g 2%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 10 g

Vitamin D 1.9 mcg 10%

Calcium 0 mg 0%

Iron 0.4 mg 2%

Potassium 140 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
1049630	10035493496303	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
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, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, DEXTROSE, SALT, SPICES, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ONION POWDER, YEAST, GARLIC POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), TORULA YEAST, SUGAR, CHICKEN FLAVOR (CONTAINS HYDROLYZED CORN, SOY, WHEAT GLUTEN PROTEIN, AUTOLYZED YEAST EXTRACT, DEHYDRATED CHICKEN BROTH, CHICKEN FAT, THIAMINE HYDROCHLORIDE, CORN SYRUP SOLIDS), NONFAT MILK, EGGS, SOY FLOUR, SOYBEAN OIL, WHITE CORN FLOUR, NATURAL FLAVORS, PAPRIKA EXTRACT (COLOR), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (FLOUNDER), WHEAT, SOY, MILK, EGGS

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - C	Milk - C	Soy - C
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 4-4½ minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Flounder - Limanda ferruginea

Serving Suggestions:

A natural for center of the plate entrées, on a sandwich or further portioned atop a fresh salad. Pairs well with your own complementary sauces and sides.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

