

## 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



# **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%

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	TIxHI	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'):					
Eggs - C	Milk - C	Soy - C			
Fish - C	Wheat - C	TreeNuts - 30			
Peanuts - 30	Crustacean - 30	Sesame - 30			

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 4-41/2 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:









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

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