

10 Lb (4.54 kg) Blazin' Raw Breaded Ocean Perch Fillets

High Liner Foodservice Blazin' Ocean Perch Fillets are high quality natural cuts of wild caught Ocean Perch coated in a specially seasoned breading. This results in an outer crispy-delicious bite with the mild sweet flavor and medium firm texture of this species preserved inside. Each fillet fries from frozen to perfection in less than 5 minutes, delivering the superior plate coverage and consistency you demand

Product Last Saved Date: 20 October 2025

Brand

10 LBR



FOODSERVICE™

GPC Description

Undeclared

Nutrition Facts

35 Servings per container

Amount Per Serving

Total Sugars 0 g

Protein 14 g

Serving Size 4.6 oz (129g / About 2 Fille

Calories	170	
	% Daily Value*	
Total Fat 2 g	2%	
Saturated Fat 0 g	0%	
Trans Fat 0 g		
Cholesterol 40 mg	14%	
Sodium 740 mg	32%	
Total Carbohydrates 23 g	8%	
Dietary Fiber 0 g	0%	

Vitamin D 1 mcg	4%
Calcium 30 mg	2%

Includes 0 g Added Sugars

 Iron 1.8 mg
 10%

 Potassium 180 mg
 4%

Ľ	Product Specifications:					
	Code	GTIN	Type Of Catch			
eŧ	1069320	10035493693207	WILD			

High Liner Fo	odservice	Fish - Prepared/Processed (Frozen)			
Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free	

N/A

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	540 Days	-10 FAH / 0 FAH

Ingredients:

0%

11 LBR

OCEAN PERCH, WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: SALT, TORULA YEAST, YELLOW CORN FLOUR, DEXTROSE, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CELLULOSE GUM, SPICES, CORN STARCH, SOYBEAN OIL, CITRIC ACID, MONOSODIUM GLUTAMATE, YEAST, GARLIC POWDER, NATURAL FLAVORS, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), SUGAR, ONION POWDER, PAPRIKA EXTRACT (COLOR), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (OCEAN PERCH), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):					
Eggs - 30	Milk - 30	Soy - 30			
Fish - C	Wheat - C	TreeNuts - 30			
Peanuts - 30	Crustacean - 30	Sesame - 30			

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Prheat fryer to 350°F and fry for 3-4 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Ocean Perch - Sebastes mentella, Sebastes fasciatus, Sebastes alutus

Serving Suggestions:

Ideal as a center of plate entrée, as a specialty fish sandwich, or portioned atop a fresh salad. Pairs well with a variety of traditional sauces or your own complementary sauce recipes.

Claims & Child Nutrition:

BAP Certified: MSC Certified:

Has CN Statement: No

CN Statement:

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.







Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page 1 of 1

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