

# 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: 24 November 2025



## Nutrition Facts

35 Servings per container

Serving Size 4.6 oz (129g / About 2 Fillets)

Amount Per Serving

**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%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 14 g

Vitamin D 1 mcg 4%

Calcium 30 mg 2%

Iron 1.8 mg 10%

Potassium 180 mg 4%

\* 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
1069320	10035493693207	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
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	540 Days	-10 FAH / 0 FAH

### Ingredients :

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' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	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 3-4 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:



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