



10 Lb (4.54 kg) Crunchy Breaded Ocean Perch Fillets 3 oz, Kosher

High Liner Crunchy Breaded Ocean Perch Fillets feature high quality wild caught Ocean Perch coated in a delicious signature seasoned breading. The result is an extra crunchy bite with the medium firm texture and mild, sweet flavor of this species perfectly cooked inside. Each ready-to-cook fillet fries from frozen to perfection in minutes, with the superb plate coverage and consistency you demand.

Product Last Saved Date: 01 July 2025



Nutrition Facts

53 Servings per container  
Serving Size 3 oz (84g/About 1 Fillet)

Amount Per Serving  
Calories 130

	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 25 mg	9%
Sodium 125 mg	5%
Total Carbohydrates 20 g	7%
Dietary Fiber 1 g	2%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 10 g	
Vitamin D 0.6 mcg	2%
Calcium 0 mg	0%
Iron 0.4 mg	2%
Potassium 100 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
05223	00074638052236	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	Yes	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 :

OCEAN PERCH, BLEACHED WHEAT FLOUR, WATER, MODIFIED CORN STARCH, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NATURAL FLAVOR, DEXTROSE, SOYBEAN OIL, YEAST, SALT. DO NOT CONTAINS: FISH (OCEAN PERCH), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - N	Milk - N	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 4-5 minutes or until golden brown, drain and serve. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Ideal for center of the plate entrées, seafood platters, sandwiches and more. Pairs well with a variety of complementary sauces and sides.

Species / Scientific Name:

Ocean Perch - Sebastes fasciatus, Sebastes alutus, Sebastes mentella

Claims & Child Nutrition:

BAP Certified:  
MSC Certified:  
Has CN Statement: No  
CN Statement: No

