

# 10 Lb (4.54 kg) IQF Rockfish Fillets 3-5 oz, MSC

FPI IQF Rockfish Fillets are wild caught and individually quick frozen for freshness. Rockfish is lean with a delicate nutty sweet flavor and medium firm flaky texture to fit a range of recipes and applications – from baking and broiling, to poaching and deep frying. An affordable, extremely versatile option that can enliven any number of recipes you have in mind.

Product Last Saved Date: 01 July 2025



HIGH LINER foodservice™

<b>Nutrition Fac</b>	ts
40 Servings per container <b>Serving Size 4 oz (112g/Ab</b>	out 1 Fille
Amount Per Serving Calories	90
	% Daily Value
<b>Total Fat</b> 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 55 mg	19%
Sodium 150 mg	7%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
<b>Protein</b> 16 g	
Vitamin D 1.3 mcg	6%
Calcium 30 mg	2%
Iron 0 mg	0%
Potassium 200 mg	4%

CodeGTINType Of Catch106323510073538632354WILDBrandGPC DescriptionFPIFish - Unprepared/Unprocessed (Frozen)Gross WeightNet WeightCountry of OriginKosherGluten Free11 LBR10 LBRChinaUndeclaredNoLengthWidthHeightVolumeTixHIShelf LifeStorage Temp From/To14.4469 INH9.8219 INH5.2687 INH0.4326 FTQ12x8547 Days-10 FAH / 0 FAHIngredients :	1063235   10073538632354   WILD     Brand   GPC Description     FPI   Net Weight   Country of Origin   Kosher   Gluten Free     11 LBR   10 LBR   China   Undeclared   No     Length   Width   Height   Volume   TixHI   Shelf Life   Storage Temp From/T     14.4469 INH   9.8219 INH   5.2687 INH   0.4326 FTQ   12x8   547 Days   -10 FAH / 0 FAH	Product Sp Code	İ			STIN			т		Catch
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Vidth   Height   Volume   TIxHI   Shelf Life   Storage Temp From/To     14.4469 INH   9.8219 INH   5.2687 INH   0.4326 FTQ   12x8   547 Days   -10 FAH / 0 FAH	Width   Height   Volume   TIxHI   Shelf Life   Storage Temp From/T     14.4469 INH   9.8219 INH   5.2687 INH   0.4326 FTQ   12x8   547 Days   -10 FAH / 0 FAH     Ingredients :	Gross W	eight	Ν	let Weight	Count	ry of O	rigin	К	osher	Gluten Free
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		•		I TRIF	OLYPHOSPHAT	E (TO RETAIN M	DISTURE).	CONTAINS	: FISH	(ROCKFISH	)
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Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):						
Eggs - N	Milk - N	Soy - N				
Fish - C	Wheat - N	TreeNuts - N				
Peanuts - N	Crustacean - N	Sesame - N				

## Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

#### Species / Scientific Name:

Pacific Ocean Perch - Sebastes alutus

# Serving Suggestions:

Makes the perfect entrée regardless of preparation. Also ideal for sandwiches or a flavorful addition to chowders. Pairs well with a variety sauces and sides.

## **Claims & Child Nutrition:**

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







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

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