

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™

Nutrition Fac	ts
40 Servings per container Serving Size 4 oz (112g/Ab	out 1 Fille
Amount Per Serving Calories	90
	% Daily Value
Total Fat 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%
Protein 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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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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