



## 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: 30 July 2025



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

40 Servings per container

**Serving Size 4 oz (112g/About 1 Fillet)**

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%**

\*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
1063235	10073538632354	WILD

Brand	GPC Description
FPI	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	China	Undeclared	

### Shipping Information

Length	Width	Height	Volume	TlxHI	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

### Ingredients :

ROCKFISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (ROCKFISH)

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INI='Intentionally nor Inherently Included'):

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:

