

# High Liner Foodservice Signature, 4.54 kg / 10 lb, Quick Frozen Cape Hake Fillets, 128 – 156 g / 4.5 – 5.5 oz

Cape Hake is wild caught from the deep waters off the Atlantic Coast of Africa. Cape Hake has excellent shelf life. The taste of Cape Hake is mild with a soft flesh that firms up during cooking. Convenient sleeve vacuum packaging. Consistent sizing and thickness within each portion. Loin-like shape. Hake in particular is very low in fat, making it a great choice for a healthy meal solution.

Product Last Saved Date: 04 June 2025



# **Nutrition Facts**

Servings per container

# Serving Size Per about 1 fillet (142 g)

# Amount Per Serving

Calories	120
	% Daily Value*
Total Fat 2 g	3%
Saturated Fat 0.4 g	2%
Trans Fat 0 g	
Cholesterol 95 mg	%
Sodium 100 mg	4%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 26 g	
Vitamin D	%
Calcium 75 mg	6%
Iron 0.5 mg	3%
Potassium 350 mg	7%

Product Specifications :					
	Code	GTIN	Type Of Catch		

10061763059473

Brand	GPC Description	
High Liner Foodservice Signature	Fish - Unprepared/Unprocessed (Frozen)	

	Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
I	5.22 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
40.9 CMT	32.9 CMT	12.9 CMT	0.017 MTQ	8x14	360 Days	

#### Ingredients:

5947

Cape hake. Contains: Cape hake (fish).

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - NI	Milk - NI	Soy - NI		
Fish - NI	Wheat - NI	TreeNuts - NI		
Peanuts - NI	Crustacean - NI	Sesame - NI		

### Prep & Cooking Suggestions:

Do not refreeze once thawed. Cook fully before consumption.

#### Serving Suggestions:

For a Middle Eastern inspired dish, marinate Hake with garden herb salad dressing. Top with a thin layer of citrus spiked red lentil hummus and oven bake. Serve with Tabouli salad. For a Mediterranean inspired dish, marinate Hake with zesty Italian dressing. Top with sundried tomato pesto and oven bake. Serve with roasted potatoes and grilled zucchini. Top Hake with garlic and herb crumble and oven bake. Pair with salad for a light lunch. For a Tex Mex inspired dish, lightly season Hake with smoked paprika and cumin. Oven roast and top with tomato and black bean salsa. Pair with Mexican rice. Use Hake as an affordable white fish option for chowders, soups & stews.

# Species / Scientific Name:

### Claims & Child Nutrition:

BAP Certified:

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





Page 1 of 1



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