

High Liner Signature, 4.54 kg / 10 lb, Quick Frozen Cape Hake Fillets, 99 – 127 g / 3.5 – 4.5 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: 31 August 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (113 g)

Amount Per Serving	
Calories	**100**
	% Daily Value*
Total Fat 1.5 g	**2%**
Saturated Fat 0.3 g	**2%**
Trans Fat 0 g	
Cholesterol 75 mg	**%**
Sodium 80 mg	**3%**
Total Carbohydrates 0 g	**%**
Dietary Fiber 0 g	**0%**
Total Sugars 0 g	
Includes Added Sugars	**%**
Protein 21 g	
Vitamin D	%
Calcium 50 mg	4%
Iron 0.4 mg	2%
Potassium 300 mg	9%

* 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
5946	10061763059466	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.529 KGM			Undeclared	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
39.2 CMT	27.2 CMT	14.3 CMT	0.015 MTQ	7x11	540 Days	

Ingredients :

Cape hake. Contains: Cape hake (fish).

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

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

Prep & Cooking Suggestions:

DO NOT REFREEZE IF THAWED. Cook to a minimum internal temperature of 158°F (70°C).

Species / Scientific Name:

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.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:





