

1/10 LB UpperCrust® Gluten Free Cheddar Biscuit Style Breaded Cape Hake 4 oz, MSC

Hake What you Crave! High Liner Foodservice UpperCrust® Gluten Free Cheddar Biscuit Hake delivers a Crunchy Cheddar biscuit coating system in a premium UpperCrust® breading. Each fillet combines the best of deliciously moist, flaky wild caught Hake and flavor-packed crunchy crust.

Product Last Saved Date: 03 February 2025



Nutrition Facts

40 Servings per container

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

Amount Per Serving

Calories 200

% Daily Value*

Total Fat 6 g **8%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 55 mg **18%**

Sodium 480 mg **21%**

Total Carbohydrates 18 g **7%**

Dietary Fiber 0 g **0%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

Protein 16 g

Vitamin D 1.1 mcg **6%**

Calcium 60 mg **4%**

Iron 0.4 mg **2%**

Potassium 230 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
12300280	10035493002801	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.663 LBR	10 LBR	N/A	Undeclared	Yes

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.697 INH	7.697 INH	8.394 INH	0.587 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :

CAPE HAKE, RICE FLOUR, WATER, MODIFIED CORN STARCH, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), YELLOW CORN FLOUR, CONTAINS LESS THAN 2% OF THE FOLLOWING: CORN STARCH, SALT, CHEDDAR CHEESE (MILK, MODIFIED MILK INGREDIENTS, CREAM, SALT, BACTERIAL CULTURE, ANNATTO, CALCIUM CHLORIDE, MICROBIAL ENZYME), PARMESAN CHEESE (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, CELLULOSE, NATAMYCIN), RICE STARCH, GARLIC POWDER, ONION POWDER, NONFAT MILK, PEA PROTEIN, SUGAR, DEXTROSE, CHEDDAR CHEESE (PASTEURIZED MILK, BACTERIAL CULTURE, SALT, ENZYMES), WHEY POWDER (MILK), BUTTERMILK POWDER, NATURAL FLAVORS, PARSLEY, YEAST EXTRACT, SPICES, GUAR GUM, BUTTER, DISODIUM PHOSPHATE, SODIUM CASEINATE (MILK), LEAVENING (SODIUM BICARBONATE), YEAST, SOY LECITHIN, BETA-CAROTENE (COLOR). CONTAINS: CAPE HAKE (FISH), SOY, MILK

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

Species / Scientific Name:

Cape Hake - Merluccius capensis, Merluccius paradoxus

Serving Suggestions:

Ideal for a variety of center of the plate entrées, including on top of a fresh green salad to highlight the crunchy texture and elevate your culinary creations.

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)
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