

# 10 Lb (4.54 kg) 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. A great whitefish alternative to Cod and Haddock.

Product Last Saved Date: 13 April 2026



**HIGH LINER**  
FOODSERVICE™



## 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** 50 mg **17%**

**Sodium** 470 mg **20%**

**Total Carbohydrates** 18 g **7%**

Dietary Fiber 0 g **0%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

**Protein** 15 g

Vitamin D 1.1 mcg **6%**

Calcium 60 mg **4%**

Iron 0.4 mg **2%**

Potassium 220 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 Signature	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, CELLULOSE, NATAMYCIN), PARMESAN CHEESE (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, CELLULOSE, NATAMYCIN), RICE STARCH, GARLIC POWDER, ONION POWDER, PEA PROTEIN, NONFAT MILK, SUGAR, DEXTROSE, NATURAL FLAVORS (SOY), MALTODEXTRIN, SPICES, YEAST EXTRACT, GUAR GUM, WHEY POWDER (MILK), LEAVENING (SODIUM BICARBONATE), YEAST, BETA-CAROTENE (COLOR). CONTAINS: CAPE HAKE (FISH), SOY, MILK

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

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

### 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.

### 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.

### Species / Scientific Name:

Cape Hake - Merluccius capensis, Merluccius paradoxus

### 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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