

# 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: 01 October 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 | TIxHI | 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.

## 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:


KEEP FROZEN
PERISHABLE





