



10 Lb (4.54 kg) Par-Fried Flounder Fillets Approx. 3.0 oz

Excellent mild flavor, quality and plate coverage makes Flounder ideal for center of the plate, sandwich, and salad applications. Final product is value added and packed in USA

Product Last Saved Date: 01 July 2025



Nutrition Facts

53 Servings per container
Serving Size 84g/About 1 Fillet

Amount Per Serving
Calories 170

% Daily Value*

Total Fat	8 g	10%
Saturated Fat	1.5 g	7%
Trans Fat	0 g	
Cholesterol	25 mg	8%
Sodium	260 mg	11%
Total Carbohydrates	16 g	6%
Dietary Fiber	0 g	0%
Total Sugars	0 g	
Includes 0 g Added Sugars		0%

Protein	8 g	
Vitamin D	1.5 mcg	8%
Calcium	0 mg	0%
Iron	1.3 mg	8%
Potassium	110 mg	2%

* 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
10026408	10073538264081	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10.0 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TLXHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	7.625 INH	0.6166 FTQ	15x5	547 Days	-10 FAH / 0 FAH

Ingredients :						
FLOUNDER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), WATER, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, CONTAINS 2% OR LESS OF: SALT, NATURAL FLAVORS, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), DRIED YEAST, CELLULOSE GUM, EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (FLOUNDER), WHEAT						

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for approximately 3 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14 to 16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F.

Serving Suggestions:

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

Species / Scientific Name:

Sole - Lepidopsetta bilineata, Limanda aspera, Hippoglossoides elassodon, Glyptocephalus zachirus; Plaice - Hippoglossoides platessoides, Pleuronectes quadrituberculatus; Flounder - Limanda ferruginea

Claims & Child Nutrition:

BAP Certified:
MSC Certified:
Has CN Statement: No
CN Statement:

