

10 Lb (4.54 kg) Cape Hake Cornmeal Crusted Strips, Approx 2 oz, MSC

Introducing our new Cornmeal Coated Cape Hake strips, a true delight for seafood lovers! The light, cornmeal crust delivers the perfect crunchy bite and is a versatile addition to pair with different sauces, salads, handhelds, or bowls.

Product Last Saved Date: 01 October 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / About 2 Pieces)

Amount Per Serving	
Calories	**190**
	% Daily Value*
Total Fat 4 g	**5%**
Saturated Fat 0.5 g	**3%**
Trans Fat 0 g	
Cholesterol 50 mg	**17%**
Sodium 350 mg	**15%**
Total Carbohydrates 22 g	**8%**
Dietary Fiber 1 g	**4%**
Total Sugars 2 g	
Includes 1 g Added Sugars	**2%**
Protein 16 g	
Vitamin D 1 mcg	6%
Calcium 46 mg	4%
Iron 1 mg	6%
Potassium 226 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
12300319	10035493003198	WILD

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

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

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	547 Days	-10 FAH / 0 FAH

Ingredients :

INGREDIENTS: CAPE HAKE, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHOLE GRAIN YELLOW CORN MEAL, WHEAT FLOUR, BLEACHED WHEAT FLOUR, WHITE CORN MEAL, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), CONTAINS LESS THAN 2% OF THE FOLLOWING: YELLOW CORN FLOUR, SUGAR, SALT, DRIED ONION, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), CITRIC ACID, YEAST, SOY FLOUR, MALTODEXTRIN, ISOLATED SOY PROTEIN, ONION POWDER, GUM ARABIC, GARLIC POWDER, WHEY, DEXTROSE, TAPIOCA STARCH, GUAR GUM, NONFAT MILK, EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), SPICES, CALCIUM LACTATE, NATURAL FLAVORS, GLYCERINE, TALIN. CONTAINS: CAPE HAKE (FISH), WHEAT, 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 - C	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen strips in a single layer on a shallow baking pan. CONVECTION OVEN: Preheat oven to 425°F. Bake for 15 minutes. (Flip product over after 8 minutes). TO DEEP FRY: Preheat fryer to 350°F and fry for 6½ - 7 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

Species / Scientific Name:

Cape Hake - Merluccius capensis, Merluccius paradoxus

Serving Suggestions:

Spice up your menu with Cajun Cornmeal Crusted Fish Tacos. Crispy, golden fish topped with vibrant purple cabbage, creamy avocado, freshly sliced jalapeno and a cool dollop of sour cream. Finished with a slightly spicy Cajun remoulade, each taco delivers bold flavor and eye catching color in every bite. Ready in minutes, this recipe is perfect for foodservice operators looking to serve up Southern inspired flair with speed and ease. Ideal for fast casual, food trucks, catering menus and everything in between.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:


PERISHABLE
KEEP FROZEN


