

High Liner Foodservice

925345 - 1/10 LB Bake & Serve! Golden Fried Flounder Fillets 4...

High Liner Foodservice Bake & Serve Golden Fried Flounder Fillets offer great value with incredibly simple preparation. These tender wild caught fillets are coated in a specially-seasoned breading that preserves all the moist, flaky texture and flavor of this species. Each oven-ready fillet easily bakes from frozen to the ideal golden crispness, with the exact plate consistency...



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
10000476	925345	10073538004762	2/5 LB

Brand	Brand Owner	GPC Description
High Liner Foodservice	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11.0 LBR	10.0 LBR	No	Canada	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	547 Days	-10 FAH / 0 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Peanuts - N
- Eggs - N
- Tree Nuts - N
- Soy - N
- Fish - C
- Wheat - C
- Shellfish - NI
- Sesame - N

SERVING SUGGESTIONS

Ideal as an entrée, basket, or portioned atop a salad. Pairs well with a variety of traditional sides and seafood sauces, or your own complementary recipes.

HANDLING SUGGESTIONS

Keep Frozen

MORE INFORMATION

PREPARATION & COOKING SUGGESTIONS

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: PLACE FROZEN FILLETS ON A LIGHTLY OILED SHEET PAN. CONVENTIONAL OVEN: PREHEAT OVEN TO 425°F AND BAKE FOR 20-25 MINUTES. COOKING INSTRUCTIONS IF THAWED: REMOVE FROZEN FILLETS FROM PACKAGING. PLACE THE FILLETS IN A CLEAN, SANITIZED CONTAINER IN A SINGLE LAYER AND COVER. PLACE THE COVERED FILLETS UNDER REFRIGERATION (38°F OR BELOW) OVERNIGHT. TO BAKE: PLACE DEFROSTED FILLETS ON A LIGHTLY OILED SHEET PAN. CONVENTIONAL OVEN: PREHEAT OVEN TO 425°F AND BAKE FOR 10-15 MINUTES. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Nutrition Facts

40 Servings per container

Serving Size112g/About 1 Fillet

Amount Per Serving

Calories260

% Daily Value*

Total Fat10 g13%

Saturated Fat1 g5%

Trans Fat0 g

Cholesterol25 mg8%

Sodium450 mg20%

Total Carbohydrates30 g11%

Dietary Fiber1 g3%

Total Sugars1 g

Includes 0 g Added Sugars%

Protein11 g

Vitamin D1.5 mcg8%

Calcium0 mg0%

Iron1.8 mg10%

Potassium130 mg2%

* 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.

INGREDIENTS

FLOUNDER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), 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), CELLULOSE GUM, DRIED YEAST, EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (FLOUNDER), WHEAT

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NUTRITIONAL ANALYSIS



Calories	260
Protein	11 g
Total Carbohydrates	30 g
Sugars	1 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	10 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	25 mg
Vitamin D	1.5 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	450 mg
Calcium	0 mg
Iron	1.8 mg
Potassium	130 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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