### 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



# **Nutrition Facts**

40 Servings per container

Serving Size 112a/About 1 Fillet

**Amount Per Serving Calories** 

	% Daily Value"
Total Fat 10 g	13%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Irans Fat 0 g	

Cholesterol 25 mg	8%
<b>Sodium</b> 450 mg	20%
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Total Carbohydrates 30 g 11% 3% Dietary Fiber 1 g Total Sugars 1 g

Includes 0 g Added Sugars

Vitamin D 1.5 mcg 8% Calcium 0 mg 0% Iron 1.8 ma 10%

Potassium 130 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

#### 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	TIxHI	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' (취) Milk - N

(%) Peanuts - N

(n) Eggs - N

(1) Tree Nuts - N



Fish - C



(M) 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.

## **INGREDIENTS**

advice.

Protein 11 g



%

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 GÚM, DRIED YEAST, EXTRACTIVÉS OF ANNATTO AND PAPRIKA (COLOR), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE) CONTAINS: FISH (FLOUNDER), WHEAT

### HANDLING SUGGESTIONS



### PREPARATION & COOKING SUGGESTIONS

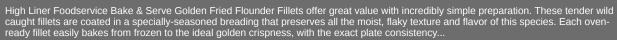


COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: PLACE FROZEN FILLETS ON A LIGHTLY OILED SHEET PAN. CONVENTIONAL OVEN: PREHEAT OVEN TO 425°F AND BAKE FOR 20-25 MINUTES. COOKING INSTRUCTIONS IF THAWED: REMOVE FROZEN FILLETS FROM PACKAGING. PLACE THE FILLETS IN A CLEAN, SANITIZED CONTAINER IN A SINGLE LAYER 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.





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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 . . .

### MORE IMAGES







