

### 10 Lb (4.54 kg) IQF Flounder Fillets, 4 oz

Fishery Product IQF Flounder Fillets are wild caught and individually quick frozen to lock in freshness and the unique characteristics of this species. Each easily cooks as desired, preserving the Flounder's mild flavor and tender flakiness no matter how it's prepared. These recipe-ready fillets offer excellent plate coverage and easy preparation for a variety of applications.

Product Last Saved Date: 20 October 2025



## **Nutrition Facts**

40 Servings per container

Serving Size 4 oz (112g/About 1 Fillet)

# Amount Per Serving Calories

80

Calories	00
	% Daily Value*
Total Fat 2 g	3%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 50 mg	17%
Sodium 90 mg	4%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 14 g	
Vitamin D 3.2 mcg	15%
Calcium 0 mg	0%
Iron 0 mg	0%
Potassium 180 mg	4%

Product Specifications :					
Code	GTIN	Type Of Catch			
1033603	10035493336036	WILD			

Brand	GPC Description			
FPI	Fish - Unprepared/Unprocessed (Frozen)			

Gross Weight Net Weight		Country of Origin	Kosher	Gluten Free	ı	
	11.0 LBR	10.0 LBR	CN, ID	Undeclared	No	ı

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.373 INH	11.5 INH	6 INH	0.6139 FTQ	10x13	540 Days	-10 FAH / 0 FAH

#### Ingredients:

CONTAINS: FISH (FLOUNDER)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):					
Eggs - 30	Milk - 30	Soy - 30			
Fish - C	Wheat - 30	TreeNuts - 30			
Peanuts - 30	Crustacean - 30	Sesame - 30			

#### Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

#### Species / Scientific Name:

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

#### **Serving Suggestions:**

Ideal as a baked, broiled or breaded center of the plate entrée, a fish sandwich, or to add depth to salads. Pairs well with the complementary sauce and side of your choosing.

#### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

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