

# 10 Lb (4.54 kg) Bake & Serve! Golden Fried Flounder Fillets 4 oz

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 and appeal you demand.

Product Last Saved Date: 20 October 2025



**HIGH LINER**  
FOODSERVICE™



## Nutrition Facts

40 Servings per container

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

Amount Per Serving

**Calories 260**

% Daily Value\*

**Total Fat** 10 g **13%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

**Cholesterol** 25 mg **8%**

**Sodium** 450 mg **20%**

**Total Carbohydrates** 30 g **11%**

Dietary Fiber 1 g **3%**

Total Sugars 1 g

Includes 0 g Added Sugars **%**

**Protein** 11 g

Vitamin D 1.5 mcg **8%**

Calcium 0 mg **0%**

Iron 1.8 mg **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 advice.

### Product Specifications :

Code	GTIN	Type Of Catch
10000476	10073538004762	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.0 LBR	10.0 LBR	N/A	Undeclared	

### Shipping Information

Length	Width	Height	Volume	TlxHI	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

### 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

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - C	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

### Prep & 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.

### 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.

### Species / Scientific Name:

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

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

