



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: 01 July 2025



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	No

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'):		
Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

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:

