

10 Lb (4.54 kg) Crunchy Raw Breaded Flounder Fillets, 4 oz

High Liner Foodservice Crunchy Breaded Flounder Fillets are natural cut for appearance, and generously coated in specially seasoned breading. This extra crunchy breading seals in the species' mild flavor and texture, resulting in that highly sought-after crunchy-to-flaky-fish bite, and then some. These premium, wild caught fillets come ready to deep-fry from frozen, consistently cook to perfection in 5 minutes, and deliver excellent plate coverage and appeal. The perfect option for elevating your breaded fish offerings.

Product Last Saved Date: 01 October 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

40 Servings per container

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

Amount Per Serving	
Calories	**180**
	% Daily Value*
Total Fat 2 g	**3%**
Saturated Fat 0 g	**0%**
Trans Fat 0 g	
Cholesterol 25 mg	**8%**
Sodium 680 mg	**30%**
Total Carbohydrates 27 g	**10%**
Dietary Fiber 1 g	**4%**
Total Sugars 2 g	
Includes 1 g Added Sugars	**2%**
Protein 11 g	
Vitamin D 1.6 mcg	8%
Calcium 20 mg	2%
Iron 1 mg	6%
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
10022166	00079149221669	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	

Shipping Information

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

Ingredients :

FLOUNDER, BLEACHED WHEAT FLOUR, WATER, WHEAT FLOUR, YELLOW CORN FLOUR, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, DEXTROSE, SUGAR, YEAST, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), CANOLA OIL, NATURAL FLAVOR, NONFAT MILK, EGGS, GUAR GUM. CONTAINS: FLOUNDER (FISH), WHEAT, MILK, EGGS

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 3½-4½ minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

Species / Scientific Name:

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

Serving Suggestions:

This Crunchy Breaded Flounder makes a superb entrée. It elevates seafood platters and makes a deliciously hearty fish sandwich. These fillets pair well with a variety of traditional sides and seafood sauces, or your own complementary sauce recipe.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:







