

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

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: 20 October 2025



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	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 25 mg	9%
Sodium 470 mg	21%
Total Carbohydrates 28 g	10%
Dietary Fiber 1 g	3%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 11 g	
Vitamin D 1.6 mcg	8%
Calcium 0 mg	0%
Iron 1 mg	6%
Potassium 130 mg	29

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

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	Yes	No	

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, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, NATURAL FLAVOR, WHITE CORN FLOUR, GUAR GUM, SALT, SPICES, DEXTROSE, SUGAR, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), YEAST, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (FLOUNDER), WHEAT

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

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 165°F MINIMUM.

Species / Scientific Name:

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

Serving Suggestions:

nutrition advice.

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:









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

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