

# High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Basa Fillets, approx. 170 - 227 g / 6 - 8 oz

High Liner Foodservice IQF Basa Fillets possess the mild taste and flaky, firm texture that makes Basa so popular worldwide. This highly versatile fish fits a wide range of applications, and easily lends itself to any cooking method because of its firmer texture. It can be baked, broiled, poached, sautéed, deepfried, pan-fried, stir-fried, or portioned in soups and stews. These individually quick frozen, quality cut fillets are ideal for adding a cost-effective seafood menu item that delivers the high-end plate appeal you demand.

Product Last Saved Date: 04 June 2025



FOODSERVICE™

## **Nutrition Facts**

Servings per container

Serving Size Per 100 g

### Amount Per Serving

Calories	100	
	% Daily Value*	
Total Fat 5 g	7%	
Saturated Fat 1 g	5%	
Trans Fat 0 g		
Cholesterol 45 mg	%	
Sodium 260 mg	11%	
Total Carbohydrates 0 g	%	
Dietary Fiber 0 g	0%	
Total Sugars 0 g		
Includes Added Sugars	%	
Protein 13 g		
Vitamin D	%	
Calcium 10 mg	1%	
Iron 0.2 mg	1%	
Potassium 250 mg	5%	

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			
1165 10061763011655		10061763011655				

Brand	GPC Description	
High Liner Foodservice	Fish - Unprepared/Unprocessed (Frozen)	

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5 KGM			Undeclared	No

Shipping Information					ation		
	Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
	38 CMT	26.5 CMT	13 CMT	0.0131 MTQ	11x14	540 Days	

#### Ingredients:

Basa, Water, Sodium phosphate (to retain moisture). Contains: Basa (fish).

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

#### Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED - DO NOT REFREEZE IF THAWED. FOR BEST RESULTS cook from frozen. Cook to a minimum internal temperature of 158°F/70°C. TO THAW place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

#### Serving Suggestions:

nutrition advice.

Coat Basa fillets with a batter of shredded coconut and coconut milk: deep fry, and enjoy a tasty dish with excellent crunch.

#### Species / Scientific Name:

#### Claims & Child Nutrition:

BAP Certified: Yes

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 Page 1 of 1

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