



10 Lb (4.54 kg) IQF Flounder Fillets, 7 oz

Fishery Product IQF Flounder Fillets are wild caught and individually quick frozen to lock in freshness and the unique characteristics of this species. Each easily cooks as desired, preserving the Flounder’s mild flavor and tender flakiness no matter how it’s prepared. These recipe-ready fillets offer excellent plate coverage and easy preparation for a variety of applications.

Product Last Saved Date: 02 July 2025



Nutrition Facts

40 Servings per container
Serving Size 7 oz (196g / About 1 Fillet)

Amount Per Serving	
Calories	140

	% Daily Value*
Total Fat 4 g	5%
Saturated Fat 1 g	4%
Trans Fat 0 g	
Cholesterol 90 mg	30%
Sodium 590 mg	26%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 25 g	
Vitamin D 5.6 mcg	30%
Calcium 40 mg	4%
Iron 0 mg	0%
Potassium 320 mg	6%

* 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
1033608	10035493336081	WILD

Brand	GPC Description
FPI	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.0 LBR	10.0 LBR	CN, ID	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
14.625 INH	9.875 INH	5.5 INH	0.4597 FTQ	10x8	547 Days	-10 FAH / 0 FAH

Ingredients :
CONTAINS: FISH (FLOUNDER)

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

Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

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

Serving Suggestions:

Ideal as a baked, broiled or breaded center of the plate entrée, a fish sandwich, or to add depth to salads. Pairs well with the complementary sauce and side of your choosing.

Claims & Child Nutrition:

BAP Certified:
MSC Certified:
Has CN Statement: No
CN Statement:

