



High Liner Foodservice Signature, 4.54 kg / 10 lb, North Atlantic Sea Scallops, 10 - 20 lb

Flash frozen directly after harvesting, High Liner scallops maintain their all-natural fresh taste and appearance. Even after thawing, they remain translucent and fresh looking. Product may be baked, broiled, sauteed, pan fried, stir-fried, grilled or poached. Scallops will turn slightly opaque after cooking.

Product Last Saved Date: 17 February 2025



HIGH LINER
FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per 100 g

Amount Per Serving

Calories **70**

% Daily Value*

Total Fat 0.5 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 25 mg **%**

Sodium 390 mg **17%**

Total Carbohydrates 3 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

Protein 12 g

Vitamin D **%**

Calcium 10 mg **1%**

Iron 0.4 mg **2%**

Potassium 200 mg **4%**

* 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
4503	10061763045032	

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

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.6 CMT	23.995 CMT	13.065 CMT	0.012 MTQ	13x14	540 Days	-25 CEL / -18 CEL

Ingredients :

Scallops. Contains: Scallops (molluscs).

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:

NOTE: Fully cooked scallops are milky white or opaque and firm. Cook to an internal temperature of 165°F/74°C. COOK FROM FROZEN. KEEP FROZEN UNTIL USED - DO NOT REFREEZE IF THAWED.

Serving Suggestions:

• As an Appetizer – top Crostini bread with avocado spread, cherry tomatoes and grilled Scallops • Ceviche is hot! Serve this cold appetizer salad of lime-marinated Scallops and colorful diced tomatoes, peppers and cilantro • An elegant dinner – serve pan-seared Scallops, crispy and caramelized, marinated in ginger and Teriyaki sauce over your choice of Asian noodles • On Pasta – Scallop and bacon belong together! Toss linguine pasta with Scallops, bacon, tomatoes and spinach

Species / Scientific Name:

Claims & Child Nutrition:

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



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