

High Liner Foodservice, 4.54 kg / 10 lb, Fish Cakes

High Liner Foodservice Fish Cakes are a superb example of this classic favorite. These delicious oven-ready Fish Cakes feature a select blend of premium minced fish in a specially seasoned, light crispy crumb coating. Individually quick frozen for freshness and handling ease, each quickly bakes or deep-fries from frozen to pleasingly crispy, moist, flaky fish perfection, with the plate coverage and appeal you demand.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container
Serving Size Per 2 cakes (119 g)

Amount Per Serving
Calories 210

	% Daily Value*
Total Fat 5 g	7%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 15 mg	%
Sodium 490 mg	21%
Total Carbohydrates 32 g	%
Dietary Fiber 3 g	11%
Total Sugars 3 g	
Includes Added Sugars	%

Protein 11 g	
Vitamin D	%
Calcium 75 mg	6%
Iron 1.75 mg	10%
Potassium 500 mg	11%

* 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
2870	10061763028707	

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

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.894 CMT	24.894 CMT	15.587 CMT	0.0151 MTQ	13x11	540 Days	

Ingredients :						
Minced fish fillets (pollock / haddock / cod / sole / ocean perch), Potatoes, Water, Flour (soy, wheat, corn, rice), Toasted wheat crumbs, Sugars (maltodextrin [corn, potato], sugar, dextrose, dextrin [tapioca, corn]), Vegetable oil (canola, soya, sunflower), Starch (corn, wheat, rice), Modified starch (corn, potato), Seasonings (onion, parsley, spices, yeast extract, garlic, soy sauce powder, monosodium glutamate, hydrolyzed corn protein), Salt, Baking powder, Potassium chloride, Sodium phosphate (to retain moisture / colour), Mono and diglycerides, Guar flour, Modified milk ingredients, Soy protein, Palm oil, Sodium aluminum phosphate (leavening acid), Citric acid, Polysorbate 60, Corn meal, Natural and artificial flavours, Dried egg-white, Dried egg yolk, Modified cellulose, Xanthan gum, Annatto, Paprika, Turmeric. Contains: Pollock / haddock / cod / sole / ocean perch (fish), Soy, Wheat, Milk, Eggs.						

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. DEEP FRY: IMMERSE FROZEN FISH CAKES IN PREHEATED 350°F (180°C) OIL FOR ABOUT 7 ½ MIN. FORCED AIR CONVECTION OVEN: PLACE A SINGLE LAYER OF FROZEN FISH CAKES ON A SHALLOW BAKING PAN IN A PREHEATED 425°F (220°C) OVEN FOR ABOUT 14 MIN OR UNTIL DESIRED CRISPNESS. OVEN: PLACE A SINGLE LAYER OF FROZEN FISH CAKES ON A SHALLOW BAKING PAN IN A PREHEATED 450°F (230°C) OVEN FOR ABOUT 18 MIN OR UNTIL DESIRED CRISPNESS. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE GUIDELINES ONLY. COOK UNTIL A MINIMUM INTERNAL TEMPERATURE OF 158°F (70°C) IS REACHED.

Serving Suggestions:

These Fish Cakes make the perfect kids menu item served with cheese fries. Or try them open-faced on signature bread, covered with a roasted red pepper sauce to please patrons of any age.

Species / Scientific Name:

Claims & Child Nutrition:

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

