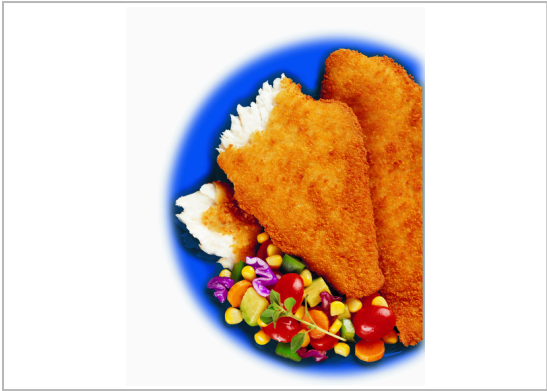


High Liner Foodservice

632231 - 1/10 Lb Crunchy Raw Breaded Flounder Fillets 5 oz

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, consistentl...



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
10022167	632231	00079149221676	1/10 LB

Brand	Brand Owner	GPC Description
High Liner Foodservice	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11 LBR	10 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N

Eggs - N

Soy - N

Wheat - C

Sesame - N
- Peanuts - N

Tree Nuts - N

Fish - C

Shellfish - NI

HANDLING SUGGESTIONS

Keep Frozen

MORE INFORMATION

SERVING SUGGESTIONS

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.

PREPARATION & COOKING SUGGESTIONS

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry 4-5 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Nutrition Facts

32 Servings per container

Serving Size140g/About 1 Fillet

Amount Per Serving

Calories220

% Daily Value\*

Total Fat2 g3%

Saturated Fat0 g0%

Trans Fat0 g

Cholesterol35 mg11%

Sodium570 mg25%

Total Carbohydrates34 g12%

Dietary Fiber1 g4%

Total Sugars1 g

Includes 0 g Added Sugars1%

Protein14 g

Vitamin D2 mcg10%

Calcium30 mg2%

Iron1.1 mg6%

Potassium160 mg4%

\* 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.

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 FLAVORS, 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

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NUTRITIONAL ANALYSIS



Calories	220
Protein	14 g
Total Carbohydrates	34 g
Sugars	1 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	2 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	35 mg
Vitamin D	2 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	570 mg
Calcium	30 mg
Iron	1.1 mg
Potassium	160 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



MORE IMAGES

