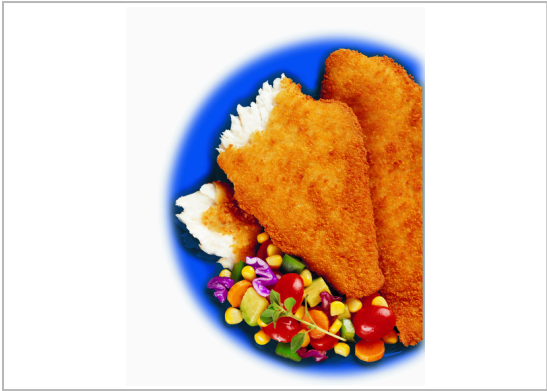


632231 - 1/10 Lb Crunchy Raw Breaded Flounder Fillets 5 oz

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 x 10#	
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	TlxHI	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	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors	
TRACEABILITY_REGULATION		FSMA204	TRUE			N/A	

HANDLING SUGGESTIONS

Keep Frozen

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
- Peanuts - N
- Eggs - N
- Tree - N
- Soybean - N
- Fish - C
- Wheat - C
- Shellfish - NI
- Sesame - N
- Crustaceans - N

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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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.

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.

MORE INFORMATION

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

