

10 Lb (4.54 kg) Par-Fried Breaded Fish Cakes 2 oz

High Liner Foodservice Fish Cakes feature a select blend of minced fish, sweet peppers, and seasonings that perfectly complement the natural fish flavors. They're carefully formed and shaped for that quintessential Fish Cake appearance with truly upper end plate appeal. With almost no prep needed, each quickly bakes or deep-fries from frozen, delivering a delicately crispy, flavorful flaky fish bite with every bite. This is everything you want in a classic favorite, taken to a delightfully higher level.

Product Last Saved Date: 01 October 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

40 Servings per container

Serving Size **2 Portions (112g)**

Amount Per Serving

Calories **250**

	% Daily Value*
Total Fat 10 g	**12%**
Saturated Fat 1.5 g	**8%**
Trans Fat 0 g	
Cholesterol 25 mg	**9%**
Sodium 1610 mg	**70%**
Total Carbohydrates 28 g	**10%**
Dietary Fiber 0 g	**0%**
Total Sugars 2 g	
Includes 1 g Added Sugars	**2%**
Protein 12 g	
Vitamin D 1.5 mcg	8%
Calcium 30 mg	2%
Iron 0.9 mg	6%
Potassium 230 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
10003405	00079149034054	FARM RAISED, WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10.0 LBR	N/A	Undeclared	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	540 Days	-10 FAH / 0 FAH

Ingredients :

MINCED FISH BLEND (COD, POLLOCK, ARCTIC CHAR, FLOUNDER, HALIBUT, HOKI, TILAPIA, HADDOCK, SALMON, WHITING, BLUE WHITING), WHEAT FLOUR, WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, SALT, CONTAINS 2% OR LESS OF: DEHYDRATED VEGETABLES (ONIONS, RED BELL PEPPERS, PARSLEY), SODIUM ALGINATE, ONION POWDER, MUSTARD, DEHYDRATED POTATOES (POTATOES, MONO & DIGLYCERIDES, SODIUM ACID PYROPHOSHATE AND CITRIC ACID ADDED AS A PRESERVATIVE), DRIED LEMON JUICE, SUGAR, CONCENTRATED LEMON JUICE, DEXTROSE, SESAME OIL, NONFAT MILK, CARRAGEENAN, CORN STARCH, SODIUM CITRATE, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHICKEN FLAVOR (CONTAINS HYDROLYZED CORN, SOY, WHEAT GLUTEN PROTEIN, AUTOLYZED YEAST EXTRACT, DEHYDRATED CHICKEN BROTH, CHICKEN FAT, THIAMINE HYDROCHLORIDE, CORN SYRUP SOLIDS), SPICES, MODIFIED CELLULOSE, YEAST, HYDROLYZED SOY PROTEIN, BLEACHED WHEAT FLOUR, NATURAL AND ARTIFICIAL FLAVOR (MALTODEXTRIN, INACTIVE YEAST, NATURAL AND ARTIFICIAL FLAVOR), GARLIC POWDER, TORULA YEAST, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), WHEAT STARCH, YELLOW CORN FLOUR, DEHYDRATED ONION, CORN SYRUP SOLIDS, CITRIC ACID, EGG YOLKS, CELLULOSE GUM, WHOLE WHEAT FLOUR, BEER FLAVOR (DRIED YEAST, MALT EXTRACT, CORN SYRUP, AUTOLYZED YEAST EXTRACT), BEER (WATER, MALTED BARLEY, HOPS, YEAST, SELECT GRAINS), SOY FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), TAPIOCA DEXTRIN, ENRICHED YELLOW CORN MEAL (CORN MEAL, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVORS, MALTED BARLEY FLOUR, DISODIUM GUANYLATE, DISODIUM INOSINATE, WHITE CORN MEAL, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEHYDRATED GARLIC, RICE FLOUR, EGGS, WHITE CORN FLOUR, YEAST EXTRACT, WHOLE YELLOW CORN MEAL, WHEY, PALM OIL, SESAME SEEDS, SOY SAUCE [(FERMENTED SOYBEANS AND WHEAT, SALT), MALTODEXTRIN], GUAR GUM, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), YELLOW 5, YELLOW 6, BHA/BHT (AS PRESERVATIVES), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (COD, POLLOCK, ARCTIC CHAR, FLOUNDER, HALIBUT, HOKI, TILAPIA, HADDOCK, SALMON, WHITING, BLUE WHITING), WHEAT, SOY, MILK, EGGS, SESAME

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - C	Milk - C	Soy - C
Fish - C	Wheat - C	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - C

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350ºF and fry for 3-5 minutes. TO BAKE: Place frozen fish cakes on a lightly oiled baking pan. CONVENTIONAL OVEN: Preheat oven to 425ºF and bake for about 20 minutes. CONVECTION OVEN: Preheat oven to 400ºF and bake for about 15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165ºF MINIMUM.

Species / Scientific Name:

Multiple Fish Species - Cod, Pollock, Arctic Char, Flounder, Halibut, Hoki, Tilapia, Haddock, Salmon, Whiting, Blue Whiting

Serving Suggestions:

Claims & Child Nutrition:

These Fish Cakes are ideal topped with mozzarella and Italian tomato sauce served with your favorite pasta. Or try them as a sandwich with the sauce and side of your choosing.

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







