

High Liner, 4.54 kg / 10 lb, Upper Crust Breaded Summer Herb Crusted Cape Hake, approx. 85 g / 3 oz

Le merlu du Cap aux fines herbes estivales UpperCrustMD des Services alimentaires High Liner ajoute une touche de ciboulette estivale à cette panure UpperCrustMD de qualité supérieure. Chaque filet combine le meilleur du merlu du Cap pêché à l'état sauvage, délicieusement moelleux et floconneux à la croûte croustillante et riche en saveurs. C'est un excellent poisson blanc pour remplacer la morue et l'aiglefin.

Product Last Saved Date: 07 May 2026



HIGH LINER
FOODSERVICE™



Nutrition Facts

Servings per container

Serving Size Per about 1 portion (85 g)

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 2.5 g **3%**

Saturated Fat 0.3 g **2%**

Trans Fat 0 g

Cholesterol 50 mg **%**

Sodium 200 mg **9%**

Total Carbohydrates 5 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

Protein 14 g

Vitamin D **%**

Calcium 40 mg **3%**

Iron 0.5 mg **3%**

Potassium 200 mg **6%**

* 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
12300393	10061763003933	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.84 KGM			Undeclared	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
39.87 CMT	19.55 CMT	21.32 CMT	0.017 MTQ	15x8	540 Days	

Ingredients :

Cape hake, Toasted wheat crumbs, Water, Flour (wheat, corn, soy), Modified corn starch, Canola oil, Seasonings (herbs, garlic, disodium inosinate, onion, disodium guanylate, spices, yeast extract, torula yeast), Salt, Sugars (sugar, dextrose), Natural flavour, Baking soda, Sodium aluminum phosphate (leavening acid). Contains: Cape hake (fish), Wheat, Soy.

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

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. CONVECTION OVEN: Place in a single layer of frozen fish on a shallow baking pan in a preheated 400°F (200°C) oven for about 12 – 15 min. NOTE: Since appliances vary, these instructions are guidelines only. Fully cooked fish is opaque and flakes easily with a fork. Cook to a minimum internal temperature of 158°F (70°C).

Serving Suggestions:

Serve atop beds of fresh vegetables, whole grains, pastas and sauces to highlight the crunchy texture and elevate your culinary creations.

Species / Scientific Name:

Claims & Child Nutrition:

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



Information subject to change without notice at the discretion of High Liner Foods (USA)
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