

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

High Liner Foodservice UpperCrust® Summer Herb Hake adds a touch of summer chive to this premium UpperCrust® breading. Each fillet combines the best of deliciously moist, flaky wild caught Hake and flavor-packed crunchy crust. A great whitefish alternative to Cod and Haddock.

Product Last Saved Date: 02 November 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 | TIxHI | 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' INII='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).

## Species / Scientific Name:

## Serving Suggestions:

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

## Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:





