

5 LB (2.27 kg) Oven Ready Breaded Flounder Fillet 4 oz

Viking Oven-Ready Breaded Flounder Fillets feature natural cut from high quality wild caught Flounder. Each is coated in a specially seasoned breading that cooks to golden perfection, preserving the mild flavor and flakiness of this species. These ready-to-cook fillets easily bake from frozen in minutes, and deliver exceptional plate coverage and appeal.

Product Last Saved Date: 28 July 2025



Nutrition Facts

20 Servings per container
Serving Size 112g/About 1 Fillet

Amount Per Serving
Calories 220

% Daily Value*	
Total Fat 9 g	11%
Saturated Fat 1.5 g	7%
Trans Fat 0 g	
Cholesterol 30 mg	9%
Sodium 310 mg	14%
Total Carbohydrates 25 g	9%
Dietary Fiber 0 g	0%
Total Sugars 1 g	
Includes 1 g Added Sugars	2%

Protein 10 g	
Vitamin D 1.7 mcg	8%
Calcium 0 mg	0%
Iron 0.5 mg	2%
Potassium 130 mg	2%

* 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
1058214	00073538582140	WILD

Brand	GPC Description
Viking	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.5 LBR	5 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13 INH	9.5 INH	4 INH	0.2859 FTQ	15x10	547 Days	-10 FAH / 0 FAH

Ingredients :

FLOUNDER, BLEACHED WHEAT FLOUR, WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), MODIFIED CORN STARCH, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NATURAL FLAVOR, SALT, YEAST, SUGAR, AUTOLYZED YEAST EXTRACT, DEXTROSE, ONION POWDER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (FLOUNDER), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

FOR FOOD SAFETY AND QUALITY, PLEASE FOLLOW THESE COOKING INSTRUCTIONS. KEEP FROZEN—DO NOT REFREEZE. COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: PLACE FROZEN FILLETS ON A LIGHTLY OILED SHEET PAN. CONVECTION OVEN: PREHEAT OVEN TO 375°F AND BAKE FOR 9-11 MINUTES. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM. WARNING: WHILE EVERY EFFORT HAS BEEN MADE TO REMOVE BONES FROM THIS PRODUCT, SOME BONES MAY REMAIN. PLEASE USE CAUTION WHEN CONSUMING.

Serving Suggestions:

Entrée

Species / Scientific Name:

Sole - Limanda aspera, Limanda ferruginea, Lepidopsetta bilineata

Claims & Child Nutrition:

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



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