

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: 20 October 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		
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	TIxHI	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 - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - C	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

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:









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page 1 of 1

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