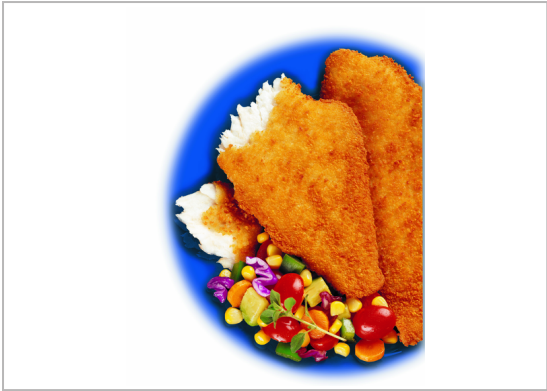




MARKETING

High Liner Foodservice Crunchy Breaded Flounder Fillets are from natural cut, premium wild caught Flounder. Each fillet is coated with a specially seasoned breading for the perfect combination of extra crunch, and mild flavor and flakiness of this species. Ready to deep fry from frozen, each cooks in minutes and offers exceptional plate coverage, consistency and appeal for a variety of menu applications.

Nutrition Facts

36 Servings per container	
Serving Size 4.5 oz (126g/About 1 Fillet)	
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 2 g	3%
Saturated Fat 0 g	2%
Trans Fat 0 g	
Cholesterol 30 mg	11%
Sodium 480 mg	21%
Total Carbohydrates 29 g	11%
Dietary Fiber 1 g	3%
Total Sugars 1 g	
Includes 0 g Added Sugars	1%

Protein 13 g	
Vitamin D 2 mcg	10%
Calcium 0 mg	0%
Iron 1 mg	6%
Potassium 150 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		Pack Description		
10002926		10073538029260				
Brand		Brand Owner		GPC Description		
High Liner Foodservice		High Liner Foods Inc.		Fish - Prepared/Processed (Frozen)		
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
11 LBR	10 LBR	No	United States	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6116 FTQ	15x5	540 Days	-10 FAH / 0 FAH
Traceability Regulation						
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors	
TRACEABILITY_REGULATION		FSMA204	TRUE		N/A	

HANDLING SUGGESTIONS

Keep Frozen

ALLERGENS

C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; INII = 'Intentionally nor Inherently Included' ; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

Milk - INII

Eggs - INII

Soybean - INII

Wheat - C

Sesame - INII

Peanuts - INII

Tree - INII

Fish - C

Shellfish - NI

Crustaceans - INII

INGREDIENTS

FLOUNDER, BLEACHED WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, NATURAL FLAVORS, WHITE CORN FLOUR, GUAR GUM, SALT, SUGAR, DEXTROSE, SPICES, YEAST, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (FLOUNDER), WHEAT

10073538029260 - 10 Lb (4.54 kg) Crunchy Raw Breaded Flounder ...

PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 4½-5 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

SERVING SUGGESTIONS



Ideal for center of the plate entrées, seafood platters or sandwiches. Pairs well with a variety of traditional sides and seafood sauces, or your own complementary recipes.

MORE INFORMATION

