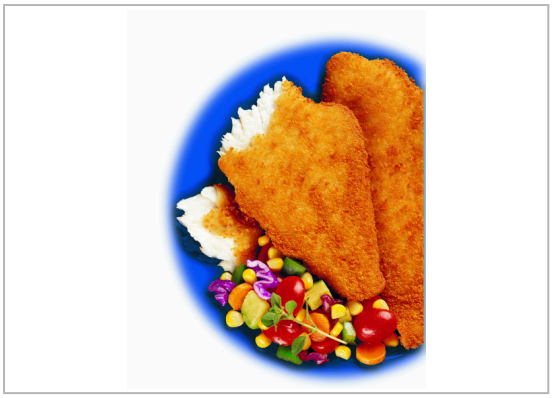
High Liner Foodservice

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



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	TIxHI	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
- Peanuts - INII
- Eggs - INII
- Tree - INII
- Soybean - INII
- Fish - C
- Wheat - C
- Shellfish - NI
- Sesame - INII
- 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

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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