

# High Liner Foodservice Signature, 4.54 kg / 10 lb, Individually Quick Frozen Basa Fillets, approx. 113 g / 4 oz



The delicate texture and light flavor of Basa provides a variety of recipe possibilities for your menu. These versatile fillets are IQF, consistent in size and shape, making preparation and portion control easy across a range of applications.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container

**Serving Size Per about 1 fillet (113 g)**

Amount Per Serving

**Calories 130**

% Daily Value\*

**Total Fat** 7 g **9%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

**Cholesterol** 60 mg **%**

**Sodium** 110 mg **5%**

**Total Carbohydrates** 0 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

**Protein** 17 g

Vitamin D **%**

Calcium 10 mg **1%**

Iron 0.3 mg **2%**

Potassium 350 mg **7%**

\* 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
1031162	10035493311620	

Brand	GPC Description
High Liner Foodservice Signature	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.82 KGM			Undeclared	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38 CMT	26.5 CMT	12 CMT	0.0121 MTQ	10x12	540 Days	

### Ingredients :

Basa. Contains: Basa (fish).

### 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. FOR BEST RESULTS cook from frozen. Cook until a minimum internal temperature of 158°F (70°C) is reached. TO THAW place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

### Serving Suggestions:

Basa is a mild fish that has a fresh taste. It is versatile and can be cooked in a variety of ways.

### Species / Scientific Name:

### 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)  
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