

10 Lb (4.54 kg) IQF Natural Flounder Fillets, Skinless 3 oz

High Liner Foodservice IQF Natural Flounder Fillets are an excellent choice for hand prepared dishes. These skinless wild caught Pacific Flounder fillets are individually quick frozen to preserve freshness and the mild flavor and flakiness unique to this species. Each recipe-ready fillet prepares easily, and offers excellent plate coverage and value for a variety of menu applications.

Product Last Saved Date: 20 October 2025



Nutrition Facts

53 Servings per container

Serving Size 3 oz (84g/About 1 Fillet)

Amount Per Serving

Calories 60

% Daily Value*

Total Fat 1.5 g **2%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 35 mg **12%**

Sodium 120 mg **5%**

Total Carbohydrates 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 10 g

Vitamin D 2.2 mcg 10%

Calcium 0 mg 0%

Iron 0 mg 0%

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
21025136	00073538251367	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LBR	10 LBR	CN, ID	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.813 INH	6.813 INH	7.625 INH	0.4754 FTQ	15x6	547 Days	-10 FAH / 0 FAH

Ingredients :

FLOUNDER, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (FLOUNDER)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - INII	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Flounder - Limanda ferruginea

Serving Suggestions:

Ideal for center of the plate entrées, everyday chowders, or portioned atop a salad. Pairs well with a variety of sides and traditional seafood sauces, or your own complimentary sauce.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:



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