



1/5 LB Crunchy Raw Breaded Ocean Perch Fillets 4 oz

High Liner Crunchy Breaded Ocean Perch Fillets feature high quality wild caught Ocean Perch coated in a delicious signature seasoned breading. The result is an extra crunchy bite with the medium firm texture and mild, sweet flavor of this species perfectly cooked inside. Each ready-to-cook fillet fries from frozen to perfection in minutes, with the superb plate coverage and consistency you demand.

Product Last Saved Date: 16 December 2024



HIGH LINER
FOODSERVICE™

Nutrition Facts

20 Servings per container

Serving Size 1 Piece (112g / 4 oz)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 1.5 g 2%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 35 mg 12%

Sodium 310 mg 13%

Total Carbohydrates 26 g 9%

Dietary Fiber 1 g 4%

Total Sugars 1 g

Includes 0 g Added Sugars 0%

Protein 13 g

Vitamin D 1 mcg 6%

Calcium 25 mg 2%

Iron 1 mg 6%

Potassium 139 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
1058623	00073538586230	WILD

Brand	GPC Description
High Liner Foodservice	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	TlxHI	Shelf Life	Storage Temp From/To
13 INH	9.5 INH	4 INH	0.2859 FTQ	15x10	547 Days	-10 FAH / 0 FAH

Ingredients :

OCEAN PERCH, BLEACHED WHEAT FLOUR, WATER, MODIFIED CORN STARCH, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF THE FOLLOWING: ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEXTROSE, YEAST, SALT, SOYBEAN OIL, NATURAL FLAVORS. CONTAINS: OCEAN PERCH (FISH), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

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

Prep & Cooking Suggestions:

FOR FOOD SAFETY AND QUALITY, PLEASE FOLLOW THESE COOKING INSTRUCTIONS. KEEP FROZEN - DO NOT REFREEZE. COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: PREHEAT FRYER TO 350°F AND FRY FOR 4-6 MINUTES. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°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:

Perfect for fish fries, seafood buffets, lunch portions, all-you-can-eat occasions, and kids' portions. Ideal for center of the plate entrées, seafood platters, sandwiches and more. Pairs well with a variety of complementary sauces and sides.

Species / Scientific Name:

Ocean Perch - *Sebastes fasciatus*, *Sebastes alutus*, *Sebastes mentella*

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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Printed on 22 February 2025
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