



## 5 LB (2.27 kg) 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: 20 October 2025



**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	

### 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' INII='Intentionally nor Inherently Included'):

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

### 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:



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