



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: 28 July 2025



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:

