

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



Nutrition Facts

20 Servings per container

Serving Size 1 Piece (112g / 4 oz)

Amount Per Serving Calories

170

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%

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	TIxHI	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 - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - C	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

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:

nutrition advice.

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) http://www.highlinerfoods.com

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