



# High Liner Foodservice, 4.54 kg / 10 lb, Fish Sticks made from minced fish fillets

High Liner Foodservice Fish Sticks are an excellent option for menus on a budget. These delicious Fish Sticks feature a select blend of minced quality Haddock, Pollock and Cod coated with a light, specially seasoned crumb breading. This creates the ideal combination of tender, moist flaky fish and crispy, crunchy bite craved by patrons of all ages. Each quickly bakes or deep-fries from frozen to golden perfection in mere minutes, with almost no prep required.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container

Serving Size

Per 5 sticks (125 g)

Amount Per Serving

Calories

240

% Daily Value\*

Total Fat 11 g

15%

Saturated Fat 1 g

5%

Trans Fat 0 g

Cholesterol 35 mg

%

Sodium 180 mg

8%

Total Carbohydrates 22 g

%

Dietary Fiber 1 g

4%

Total Sugars 1 g

Includes Added Sugars

%

Protein 14 g

Vitamin D

%

Calcium 50 mg

4%

Iron 2 mg

11%

Potassium 225 mg

5%

\* 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
7367	10061763073677	

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.84 KGM			Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.894 CMT	24.894 CMT	15.587 CMT	0.0151 MTQ	13x11	540 Days	

Ingredients :

Minced fish fillets (haddock or pollock or cod), Toasted wheat crumbs, Water, Canola oil, Modified corn starch, Flour (corn, wheat, soy), Sugars (sugar, dextrose), Baking powder, Modified palm oil, Sodium phosphate (to retain moisture), Guar flour, Spices. Contains: Haddock or Pollock or Cod (fish), Wheat, Soy.

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

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FORCED AIR CONVECTION OVEN: PLACE SINGLE LAYER OF FROZEN FISH STICKS ON SHALLOW BAKING PAN IN PREHEATED 425°F/220°C OVEN FOR ABOUT 6 MIN. DEEP FRY: IMMERSE FROZEN FISH STICKS IN PREHEATED 350°F/180°C OIL FOR ABOUT 3 MIN. OVEN: PLACE SINGLE LAYER OF FROZEN FISH STICKS ON SHALLOW BAKING PAN IN PREHEATED 450°F/230°C OVEN FOR ABOUT 14 MIN. COLD PLATE/MEAL DELIVERY SYSTEM COMPATIBLE.

Serving Suggestions:

These Fish Sticks are perfect for kids' menus, and always delicious served with kid-friendly silly fries or mac and cheese.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

