

10 Lb (4.54 kg) Cape Hake Loin 3 oz, MSC

Cape Hake is wild caught from the deep waters off the Atlantic Coast of Africa. It is mild with a soft flesh that firms up during cooking. Consistent sizing and thickness within each portion. Cape Hake in particular is very low in fat, and high in protein, making it a great choice for a healthy meal solution on a variety of different menus.

Product Last Saved Date: 20 October 2025

Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / about 1 1/2 pi

Amoun	t Per	Serving
Cal	or	ies

100

Calories	100
	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 75 mg	25%
Sodium 80 mg	3%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 21 g	
Vitamin D 1.6 mcg	8%
Calcium 50 mg	4%
Iron 0.4 mg	2%
Potassium 280 mg	6%

	Product Specifications :					
Code GTIN		GTIN	Type Of Catch			
i	12300262 PCes	10035493002627	WILD			

Brand	GPC Description	
High Liner Foodservice	Fish - Unprepared/Unprocessed (Frozen)	

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.684 LBR	10 LBR	NA, ZA	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.329 INH	10.604 INH	4.909 INH	0.462 FTQ	10x8	540 Days	-10 FAH / 0 FAH

Ingredients:

CAPE HAKE CONTAINS: CAPE HAKE (FISH)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
E	ggs - 30	Milk - 30	Soy - 30	
	ish - C	Wheat - 30	TreeNuts - 30	
Pe	anuts - 30	Crustacean - 30	Sesame - 30	

Prep & Cooking Suggestions:

COOK FULLY BEFORE CONSUMPTION

Species / Scientific Name:

Cape Hake - Merluccius capensis, Merluccius paradoxus

Serving Suggestions:

An ideal solution for fish tacos, sandwiches, or wraps. Pairs well with your own complementary sauces and sides.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes
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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