

### High Liner Foodservice Signature, 9.07 kg / 20 lb, Rainbow Trout Fillets, approx. 142 - 170 g / 5 - 6 oz

High Liner Foodservice Rainbow Trout features vibrant appealing colour. Skin-on fillets and whole fish allow for easy grilling. Interleaved packaging makes for easy use - take out as much or as little as

Product Last Saved Date: 04 June 2025



# **Nutrition Facts**

Servings per container

**Serving Size** Per 100 g

## **Amount Per Serving**

9%

Calories	140
	% Daily Value*
Total Fat 6 g	8%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 60 mg	%
Sodium 50 mg	2%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 20 g	
Vitamin D	%
Calcium 30 mg	2%
Iron 0.3 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

Product Specifications :					
Code	GTIN	Type Of Catch			
1041760	10055633417630				

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

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

Shipping Information							
	Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
	42.7 CMT	31.8 CMT	14.2 CMT	0.019 MTQ	8x12	540 Days	

#### Ingredients:

Rainbow trout, Contains: Rainbow trout (fish).

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. COOK TO AN INTERNAL TEMPERATURE OF 158°E / 70°C

#### Serving Suggestions:

Potassium 400 mg

nutrition advice.

Marinate Rainbow Trout fillet in Italian salad dressing. Grill and serve with mango-pineapple salsa. Pan-fry Rainbow Trout fillet with butter, capers lemon juice. Surround Rainbow Trout fillet with a crust made of seasonal herbs, breadcrumbs, Dijon mustard bake.

### Species / Scientific Name:

#### 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 Page 1 of 1

Printed on 31 October 2025 Powered by Syndigo LLC - http://www.syndigo.com