



High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Basa Fillets, approx. 113 - 170 g / 4 - 6 oz

High Liner Foodservice IQF Basa Fillets possess the mild taste and flaky, firm texture that makes Basa so popular worldwide. This highly versatile fish fits a wide range of applications, and easily lends itself to any cooking method because of its firmer texture. It can be baked, broiled, poached, sautéed, deep-fried, pan-fried, stir-fried, or portioned in soups and stews. These individually quick frozen, quality cut fillets are ideal for adding a cost-effective seafood menu item that delivers the high-end plate appeal you demand.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container
Serving Size Per about 1 fillet (142 g)

Amount Per Serving

Calories

140

% Daily Value*

Total Fat 7 g

9%

Saturated Fat 1.5 g

8%

Trans Fat 0 g

Cholesterol 65 mg

%

Sodium 370 mg

16%

Total Carbohydrates 0 g

%

Dietary Fiber 0 g

0%

Total Sugars 0 g

Includes Added Sugars

%

Protein 19 g

Vitamin D

%

Calcium 10 mg

1%

Iron 0.3 mg

2%

Potassium 350 mg

7%

* 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
1164	10061763011648	

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

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38 CMT	26.5 CMT	13 CMT	0.0131 MTQ	11x14	540 Days	

Ingredients :

Basa, Water, Sodium phosphate (to retain moisture). Contains: Basa (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. FOR BEST RESULTS cook from frozen. Cook to a minimum internal temperature of 158°F/70°C. TO THAW place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

Species / Scientific Name:

Serving Suggestions:

Coat Basa fillets with a batter of shredded coconut and coconut milk: deep fry, and enjoy a tasty dish with excellent crunch. Pan sear Basa and garnish with mango and red pepper salsa for a delicious and light Caribbean meal . Top with a tangy parmesan, herb and breadcrumb crust; serve with your choice of side salad for a healthy lunch or dinner offering . Blacken with Cajun spices and serve with a creamy sauce garnished with sautéed shrimp or crab meat.

Claims & Child Nutrition:

BAP Certified: Yes
MSC Certified:
Has CN Statement: No
CN Statement:

