

### 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, deepfried, 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

Product Last Saved Date: 04 June 2025



FOODSERVICE™

# **Nutrition Facts**

Servings per container

Serving Size Per about 1 fillet (142 g)

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	%
<b>Protein</b> 19 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 0.3 mg	2%
Potassium 350 mg	7%

	Product Specifications :					
Code		GTIN	Type Of Catch			
1164 10061763011648		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	g Inform	ation	
	Length	Width	Height	Volume	TIxHI	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.

#### 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  $\ \, \text{delicious and light Caribbean meal} \; . \; \text{Top with a tangy parmesan, herb and breadcrumb crust}; \\$ 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.

# Species / Scientific Name:

#### Claims & Child Nutrition:

BAP Certified: Yes

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

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