

# 1/10 Lb Oven Ready Breaded Lake Perch Fillets 1 oz

High Liner Foodservice Breaded Lake Perch Fillets feature natural cut wild caught Perch coated in a lightly seasoned breading. Each fryer or oven-ready fillet cooks in minutes to perfectly preserve the delicate crunch, and mild, sweet flavor and pleasingly firm, flaky texture of this fish. These high-quality Perch fillets offer excellent plate coverage and appetizing appeal for a range of applications.

Product Last Saved Date: 25 March 2025



**HIGH LINER**  
FOODSERVICE™



## Nutrition Facts

40 Servings per container

**Serving Size 112g/About 4 Fillets**

Amount Per Serving

**Calories 230**

% Daily Value\*

**Total Fat 8 g 10%**

Saturated Fat 1.5 g 7%

Trans Fat 0 g

**Cholesterol 70 mg 23%**

**Sodium 1070 mg 46%**

**Total Carbohydrates 22 g 8%**

Dietary Fiber 0 g 2%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

**Protein 17 g**

Vitamin D 2.2 mcg 10%

Calcium 70 mg 6%

Iron 2.8 mg 15%

Potassium 240 mg 6%

\* 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
10026436	10073538264364	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10.0 LBR	N/A	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

### Ingredients :

PERCH, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), SALT, CONTAINS 2% OR LESS OF: SPICES, WHEY, WATER, DISODIUM GUANYLATE, DISODIUM INOSINATE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), DEFATTED SOY FLOUR, EGGS, NONFAT MILK. CONTAINS: FISH (PERCH), WHEAT, SOY, MILK, EGGS

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INI='Intentionally nor Inherently Included'):

Eggs - C	Milk - C	Soy - C
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 2-3 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 6½-7½ minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 8-9 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

### Serving Suggestions:

Perch Sandwich - Ideal for a delicious sandwich, flash fry our Breaded Perch fillets to a golden brown and serve on a roll topped with lettuce, tomato and tartar sauce. Serve with natural cut fried and cole slaw. Perfect as a sandwich with lettuce, tomato and tartar sauce, as an entrée, or as a basket served with coleslaw and natural cut fries.

### Species / Scientific Name:

Perch - Perca fluviatilis

### 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)  
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