

10 Lb (4.54 kg) Crunchy Raw Breaded Flounder Fillets 5 oz

High Liner Foodservice Crunchy Breaded Flounder Fillets are natural cut for appearance, and generously coated in specially seasoned breading. This extra crunchy breading seals in the species' mild flavor and texture, resulting in that highly sought-after crunchy-to-flaky-fish bite, and then some. These premium, wild caught fillets come ready to deep-fry from frozen, consistently cook to perfection in 5 minutes, and deliver excellent plate coverage and appeal. The perfect option for elevating your breaded fish offerings.

Product Last Saved Date: 01 July 2025



Nutrition Facts

32 Servings per container
Serving Size 5 oz (140g/About 1 Fillet)

Amount Per Serving
Calories 220

% Daily Value*	
Total Fat 2 g	3%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 35 mg	11%
Sodium 570 mg	25%
Total Carbohydrates 34 g	12%
Dietary Fiber 1 g	4%
Total Sugars 1 g	
Includes 0 g Added Sugars	1%

Protein 14 g	
Vitamin D 2 mcg	10%
Calcium 30 mg	2%
Iron 1.1 mg	6%
Potassium 160 mg	4%

* 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
10022167	00079149221676	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 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 :

FLOUNDER, BLEACHED WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, NATURAL FLAVORS, WHITE CORN FLOUR, GUAR GUM, SALT, SPICES, DEXTROSE, SUGAR, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), YEAST, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (FLOUNDER), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - N	Milk - N	Soy - N
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 4-5 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Species / Scientific Name:

Sole - Hippoglossoides elassodon, Lepidopsetta bilineata, Limanda aspera, Glyptocephalus zachirus; Flounder - Limanda ferruginea; Plaice - Pleuronectes quadrituberculatus, Hippoglossoides platessoides

Serving Suggestions:

This Crunchy Breaded Flounder makes a superb entrée. It elevates seafood platters and makes a deliciously hearty fish sandwich. These fillets pair well with a variety of traditional sides and seafood sauces, or your own complementary sauce recipe.

Claims & Child Nutrition:

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

