



# High Liner Foodservice Signature, 9.07 kg / 20 lb, Rainbow Trout Fillets, approx. 113 - 142 g / 4 - 5 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 needed.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container  
**Serving Size** Per 100 g

**Amount Per Serving**  
**Calories** **140**

	% Daily Value*
<b>Total Fat</b> 6 g	<b>8%</b>
Saturated Fat 1.5 g	<b>8%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 60 mg	<b>%</b>
<b>Sodium</b> 50 mg	<b>2%</b>
<b>Total Carbohydrates</b> 0 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>

<b>Protein</b> 20 g	
Vitamin D	%
Calcium 30 mg	2%
Iron 0.3 mg	2%
Potassium 400 mg	9%

\* 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
1041759	10055633417593	

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	TlxHI	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°F / 70°C.

### Species / Scientific Name:

### Serving Suggestions:

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.

### Claims & Child Nutrition:

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

