

5 LB (2.27 kg) Raw Breaded Flounder Fillets 4 oz, MSC

Viking Raw Breaded Flounder fillets offer exceptional versatility and value for a number of applications. These natural cut, wild caught flounder fillets feature a delicious breading to fit a variety of taste preferences. Each ready-to-cook fillet cooks from frozen in minutes, delivering a crispier, crunchier bite. Bite after delicious bite.

Product Last Saved Date: 20 October 2025



HIGH LINER
FOODSERVICE™



Nutrition Facts

20 Servings per container

Serving Size 112g/About 1 Fillet

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 1.5 g 2%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 30 mg 9%

Sodium 210 mg 9%

Total Carbohydrates 26 g 10%

Dietary Fiber 1 g 2%

Total Sugars 0 g

Includes 1 g Added Sugars 1%

Protein 10 g

Vitamin D 1.7 mcg 8%

Calcium 0 mg 0%

Iron 0.5 mg 2%

Potassium 110 mg 2%

* 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
1058204	00073538582041	WILD

Brand	GPC Description
Viking	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.5 LBR	5 LBR	N/A	Undeclared	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13 INH	9.5 INH	4 INH	0.2859 FTQ	15x10	547 Days	-10 FAH / 0 FAH

Ingredients :

FLOUNDER, BLEACHED WHEAT FLOUR, WATER, MODIFIED CORN STARCH, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NATURAL FLAVORS, DEXTROSE, SOYBEAN OIL, YEAST, SALT, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (FLOUNDER), WHEAT

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

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

Prep & Cooking Suggestions:

FOR FOOD SAFETY AND QUALITY, PLEASE FOLLOW THESE COOKING INSTRUCTIONS. KEEP FROZEN—DO NOT REFREEZE. COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: PREHEAT FRYER TO 350°F AND FRY FOR 4 TO 5 MINUTES. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM. WARNING: WHILE EVERY EFFORT HAS BEEN MADE TO REMOVE BONES FROM THIS PRODUCT, SOME BONES MAY REMAIN. PLEASE USE CAUTION WHEN CONSUMING.

Serving Suggestions:

Entrée

Species / Scientific Name:

Sole - Limanda aspera, Limanda ferruginea, Lepidopsetta bilineata

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)
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Page 1 of 1

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