

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: 28 July 2025



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	No

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

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:

