



## High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Pacific Halibut Portions, 57 - 85 g / 2 - 3 oz

High Liner Foodservice Pacific Halibut Portions possess the traits that make this species unlike any other: sweet, succulent flavour, snow-white colour and firm meaty flakes. These portions are consistently sized from wild caught Halibut harvested from cold North Pacific waters. They come individually quick frozen to freshly preserve the unique flavour and texture regardless of cooking method, as well as for handling and preparation ease. As highly versatile as it is prized, this Halibut provides a world of recipe opportunities waiting to happen, delivers exceptional plate coverage, and pleases the most discerning seafood lovers again and again.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container

**Serving Size Per about 2 portions (142 g)**

Amount Per Serving

**Calories**

**120**

% Daily Value\*

**Total Fat** 2 g **3%**

Saturated Fat 0.4 g **2%**

Trans Fat 0 g

**Cholesterol** 65 mg **%**

**Sodium** 150 mg **7%**

**Total Carbohydrates** 0 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes Added Sugars **%**

**Protein** 25 g

Vitamin D **%**

Calcium 10 mg **1%**

Iron 0.2 mg **1%**

Potassium 600 mg **13%**

\* 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
12300003	10061763100038	

Brand	GPC Description
High Liner Foodservice	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.334 KGM			Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
36.9 CMT	25.2 CMT	14.1 CMT	0.0131 MTQ	11x10	540 Days	

### Ingredients :

Pacific halibut, Water, Sodium phosphate (to retain moisture). Contains: Pacific halibut (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. FOR BEST RESULTS, COOK FROM FROZEN. Cook until a minimum internal temperature of 158°F (70°C) is reached. To thaw, place in refrigerator overnight. Do not thaw in warm water or at room temperature.

### Species / Scientific Name:

### Serving Suggestions:

Poach halibut in an aromatic broth with lemongrass and ginger. Goes great with roasted vegetables or smashed cauliflower.

### Claims & Child Nutrition:

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

