

10 Lb (4.54 kg) Pan-Sear Citrus and Herb Southern Blue Whiting Fillet, 3.6 oz, MSC

Pan-Sear Citrus and Herb Southern Blue Whiting is lightly coated with citrus and herb seasoned breading, and easily cooks thawed or from frozen to crispy perfection, whether baked, deep-fried, pan-sautéed, or flat-grilled. These delicious fillets are part of Pan-Sear Selects® line featuring from-scratch quality without the from-scratch labor.

Product Last Saved Date: 01 October 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / About 1 Piece)

Amount Per Serving	
Calories	**170**
	% Daily Value*
Total Fat 7 g	**9%**
Saturated Fat 0.5 g	**3%**
Trans Fat 0 g	
Cholesterol 55 mg	**18%**
Sodium 380 mg	**17%**
Total Carbohydrates 10 g	**4%**
Dietary Fiber 0 g	**0%**
Total Sugars 0 g	
Includes 1 g Added Sugars	**0%**
Protein 16 g	
Vitamin D 1.2 mcg	6%
Calcium 50 mg	4%
Iron 0.5 mg	2%
Potassium 230 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
12300192	10035493001927	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.658 LBR	10 LBR	N/A	Undeclared	

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.697 INH	7.697 INH	8.394 INH	0.5870 FTQ	15x5	547 Days	-10 FAH / 0 FAH

Ingredients :

SOUTHERN BLUE WHITING, WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), MODIFIED CORN STARCH, RICE FLOUR, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, SPICES, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), SUGAR, MALTODEXTRIN, DISODIUM GUANYLATE, DISODIUM INOSINATE, LEMON JUICE POWDER, DEHYDRATED ONION, DEHYDRATED ORANGE PEEL, YEAST EXTRACT, GARLIC POWDER, DEHYDRATED GREEN ONION, NATURAL FLAVORS, CITRIC ACID, TURMERIC (COLOR), SOY LECITHIN. CONTAINS: FISH (SOUTHERN BLUE WHITING), SOY

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO PAN SAUTÉ/FLAT GRILL: Preheat flat grill to 325°F (Medium High Heat) and cook for 9-10 minutes, turning over halfway through cooking. TO BAKE: Place frozen fillets on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 9 -11 minutes. CONVENTIONAL OVEN: Preheat oven to 400°F and bake for 12 - 14 minutes. TO DEEP FRY: Preheat fryer to 350°F and fry for 5 – 6 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Southern Blue Whiting - Micromesistius australis

Serving Suggestions:

Ideal for entrées, as a specialty sandwich, or as a unique dinner salad. Pairs well with a variety of complementary sides and signature sauces.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:


PERISHABLE
KEEP FROZEN
12300192



