

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, pansautéed, 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: 20 October 2025

Nutrition Facts

40 Servings per container

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

| Amoun | t Per | Serving |
|-------|-------|---------|
| Cal | or | ies |

170

| 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% |

| 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 | No |

| Shipping Information | | | | | | |
|----------------------|-----------|-----------|------------|-------|------------|----------------------|
| Length | Width | Height | Volume | TIxHI | 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'): | | | | |
|--|-----------------|---------------|--|--|
| Eggs - 30 | Soy - C | | | |
| Fish - C | Wheat - 30 | TreeNuts - 30 | | |
| Peanuts - 30 | Crustacean - 30 | Sesame - 30 | | |

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.

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.

Species / Scientific Name:

Southern Blue Whiting - Micromesistius australis

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) http://www.highlinerfoods.com Page 1 of 1

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