

High Liner Foodservice, 4.54 kg / 10 lb, Fully Cooked Panko Breaded Sandwich Fillets, Approx. 89 g / 3.1 oz

Nos portions pour sandwich enrobées de panure panko fraîche de première qualité et entièrement cuites sont l'ingrédient clé d'un sandwich au poisson qui se démarque. Alliez le croquant irrésistible d'une panure frite et croustillante et la texture tendre et floconneuse du poisson à chair blanche, le tout sans recourir à la friteuse.

Product Last Saved Date: 09 March 2026



HIGH LINER
FOODSERVICE™



Nutrition Facts

Servings per container

Serving Size Per 1 fillet (89 g)

Amount Per Serving

Calories **190**

% Daily Value*

Total Fat 8 g **11%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 30 mg **%**

Sodium 480 mg **21%**

Total Carbohydrates 18 g **%**

Dietary Fiber 1 g **4%**

Total Sugars 1 g

Includes Added Sugars **%**

Protein 12 g

Vitamin D **%**

Calcium 50 mg **4%**

Iron 3.5 mg **19%**

Potassium 125 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
12300376	10061763003766	

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

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
40.2 CMT	24.9 CMT	17 CMT	0.017 MTQ	10x6	540 Days	

Ingredients :

Pollock, Toasted wheat crumbs, Water, Soya oil, Flour (wheat, corn), Modified tapioca starch, Salt, Tapioca starch, Seasonings (garlic, yeast extract), Sugar, Guar flour. Contains: Pollock (fish), Wheat.

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

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

Prep & Cooking Suggestions:

HEATING INSTRUCTIONS: HEAT FROM FROZEN TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 425°F (220°C) and bake for 12-13 minutes, flipping halfway. CONVENTIONAL OVEN: Preheat oven to 425°F (220°C) and bake for 17-19 minutes, flipping halfway. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE A GUIDELINE ONLY.

Serving Suggestions:

Create a Seafood Bahn Mi with a crispy, golden Panko Breaded Pollock portion layered with crisp iceberg lettuce, tangy pickled daikon and carrots, and sliced Fresno and jalapeño peppers. Fresh cilantro adds an aromatic touch, all nestled inside a toasted brioche hot dog bun for a buttery, satisfying bite. Serve with a side of chili-lime aioli or sweet soy glaze to elevate this flavorful sandwich.

Species / Scientific Name:

Claims & Child Nutrition:

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