

# 10 Lb (4.54 kg) Cape Hake Fillet 4-6 oz, MSC

Cape Hake is wild caught from the deep waters off the Atlantic Coast of Africa. It is mild with a soft flesh that firms up during cooking. This fillet ranges from 4-6 oz in size, making it a great fit for center of plate applications.

Product Last Saved Date: 20 April 2026



## Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / about 3/4 piece)

Amount Per Serving

**Calories 100**

% Daily Value\*

**Total Fat** 1.5 g **2%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 75 mg **25%**

**Sodium** 80 mg **3%**

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

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 21 g

Vitamin D 1.6 mcg 8%

Calcium 50 mg 4%

Iron 0.4 mg 2%

Potassium 280 mg 6%

\* 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
12300264	10035493002641	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.684 LBR	10 LBR	NA, ZA, CN	Undeclared	

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.329 INH	10.604 INH	4.909 INH	0.462 FTQ	10x8	540 Days	-10 FAH / 0 FAH

### Ingredients :

CAPE HAKE CONTAINS: CAPE HAKE (FISH)

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

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

### Prep & Cooking Suggestions:

COOK FULLY BEFORE CONSUMPTION

### Species / Scientific Name:

Cape Hake - Merluccius capensis, Merluccius paradoxus

### Serving Suggestions:

Ideal for oversized fish sandwiches, heftier portioned entrées, or "wow factor" fish baskets. Pairs well with your own complementary sauces and sides. Ideal for a variety of center of the plate entrées, fish sandwiches, salads, and more. Pairs well with your complementary sauces and sides.

### Claims & Child Nutrition:

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



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Page 1 of 1

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