

10 Lb (4.54 kg) UpperCrust® Summer Herb Breaded Cape Hake Portions 3 oz, MSC

High Liner Foodservice UpperCrust® Summer Herb Hake adds a touch of summer chive to this premium UpperCrust® breading. Each fillet combines the best of deliciously moist, flaky wild caught Hake and flavor-packed crunchy crust. A great whitefish alternative to Cod and Haddock.

Product Last Saved Date: 01 October 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

53 Servings per container

Serving Size 3 oz (84g / About 1 Fillet)

Amount Per Serving	
Calories	**100**
	% Daily Value*
Total Fat 2.5 g	**3%**
Saturated Fat 0 g	**0%**
Trans Fat 0 g	
Cholesterol 50 mg	**17%**
Sodium 200 mg	**9%**
Total Carbohydrates 5 g	**2%**
Dietary Fiber 0 g	**0%**
Total Sugars 0 g	
Includes 0 g Added Sugars	**0%**
Protein 14 g	
Vitamin D 1 mcg	6%
Calcium 40 mg	4%
Iron 0.6 mg	4%
Potassium 200 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
12300281	10035493002818	WILD

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

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

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.697 INH	7.697 INH	8.394 INH	0.587 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :

CAPE HAKE, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF THE FOLLOWING: WATER, MODIFIED CORN STARCH, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, BASIL, SUGAR, DISODIUM GUANYLATE, DISODIUM INOSINATE, YELLOW CORN FLOUR, WHITE CORN FLOUR, GARLIC POWDER, ONION POWDER, YEAST, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), DEHYDRATED CHIVES, SPICES, PARSLEY, NATURAL FLAVORS, DEXTROSE, SOY FLOUR, AUTOLYZED YEAST EXTRACT, DRIED GARLIC, TORULA YEAST, OLIVE OIL. CONTAINS: CAPE HAKE (FISH), WHEAT, 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 - C	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: CONVECTION OVEN: Preheat oven to 400°F and bake for 12-15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

Species / Scientific Name:

Cape Hake - Merluccius capensis, Merluccius paradoxus

Serving Suggestions:

Serve atop beds of fresh vegetables, whole grains, pastas and sauces to highlight the crunchy texture and elevate your culinary creations.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:


KEEP FROZEN
PERISHABLE





