

10 Lb (4.54 kg) Homestyle Breaded Southern Blue Whiting Portion, 4.7 oz, MSC

Perfect for the oven, these Southern Blue Whiting portions bring together fantastic flavor with crunchy breading for a light and satisfying seafood taste experience.

Product Last Saved Date: 20 October 2025



Nutrition Facts

40 Servings per container

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

Amount Per Serving

Calories 210

% Daily Value*

Total Fat 9 g **12%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 55 mg **18%**

Sodium 250 mg **11%**

Total Carbohydrates 15 g **5%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 1 g Added Sugars **0%**

Protein 16 g

Vitamin D 1.1 mcg **6%**

Calcium 40 mg **4%**

Iron 0.8 mg **4%**

Potassium 220 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
12300193	10035493001934	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	TlxHI	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, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), WATER, CONTAINS LESS THAN 2% OF THE FOLLOWING: YELLOW CORN FLOUR, ONION POWDER, GARLIC POWDER, SALT, SPICES, SUGAR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), GUAR GUM, YEAST, CARAMEL COLOR, PAPRIKA EXTRACT (COLOR), NATURAL FLAVORS. CONTAINS: FISH (SOUTHERN BLUE WHITING), WHEAT

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 - C	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 425°F and bake for 15 - 17 minutes. Flip half way. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 22 - 24 minutes. Flip half way. TO DEEP FRY: Preheat fryer to 350°F and fry for 6 - 7 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Homestyle Breaded Portions are specially seasoned and sized making this the ideal center of the plate entrée, but also as a unique fish basket, fish sandwich, or further portioned atop a fresh salad. Pairs extremely well with traditional country style sides and a variety of complementary sauces.

Species / Scientific Name:

Southern Blue Whiting - *Micromesistius australis*

Claims & Child Nutrition:

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

