

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: 01 October 2026

HIGH LINER FOODSERVICE™

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	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, 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.

Species / Scientific Name:

Southern Blue Whiting - Micromesistius australis

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.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:


PERISHABLE
KEEP FROZEN



