

1/10 LB 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: 19 December 2024



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 | No |

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'):

| | | |
|-------------|----------------|--------------|
| Eggs - N | Milk - N | Soy - N |
| Fish - C | Wheat - C | TreeNuts - N |
| Peanuts - N | Crustacean - N | Sesame - N |

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:

