



1/10 LB Oven Ready Breaded Formed Fish Shapes, Made with Minced Fish and Vegetable Protein Product, 0.875 oz

Bring fun to lunchtime with fish shaped nuggets. Fortified with whole grains and soy protein, you can feel good about offering these nutritious oven baked nuggets.

Product Last Saved Date: 30 December 2024



HIGH LINER
FOODSERVICE™

Nutrition Facts	
36 Servings per container	
Serving Size	5 Pieces (123g)
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 9 g	11%
Saturated Fat 1.5 g	7%
Trans Fat 0 g	
Cholesterol 30 mg	9%
Sodium 740 mg	32%
Total Carbohydrates 24 g	9%
Dietary Fiber 4 g	13%
Total Sugars 2 g	
Includes 1 g Added Sugars	2%
Protein 16 g	
Vitamin D 0.7 mcg	4%
Calcium 50 mg	4%
Iron 2.9 mg	15%
Potassium 440 mg	10%
* 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
1005172	10035493051724	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.0 LBR	10.0 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	547 Days	-10 FAH / 0 FAH

Ingredients :

SEAFOOD BLEND (MINCED FISH BLEND [POLLOCK, HADDOCK, COD, SOLE, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), SALT], WATER, SOY FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEASONING (SALT, HYDROLYZED SOY AND WHEAT PROTEINS, SUGAR, ONION POWDER, GUAR GUM, SPICES, NATURAL FLAVOR), SALT, NATURAL FLAVOR), ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, NATURAL FLAVOR, SUGAR, YEAST, VINEGAR, SOY FLOUR, DEXTROSE, SALT, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE). CONTAINS: FISH (POLLOCK, HADDOCK, COD, SOLE), WHEAT, SOY

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fish shapes on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 14-17 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 23-25 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM

Serving Suggestions:

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

Species / Scientific Name:

Multiple - Pollock, Cod, Sole, Haddock

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

