

# 10 Lb (4.54 kg) 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: 20 October 2025



FOODSERVICE™

# **Nutrition Facts**

36 Servings per container

**Serving Size** 5 Pieces (123g)

<b>240</b>
Daily Value*
11%
7%
9%
32%
9%
13%
2%
4%
4%
15%
10%
a

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 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	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,  ${\tt SPICES, NATURAL FLAVOR), SALT, NATURAL FLAVOR\}, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, REDUCED IRO$ 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='Con	'No Info Provided'):	
Eggs - 30	Milk - 30	Soy - C
Fish - C	Wheat - C	TreeNuts - 30
Peanuts - 30	Crustacean - 30	Sesame - 30

#### 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:









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

Page 1 of 1

Printed on 14 November 2025 Powered by Syndigo LLC - http://www.syndigo.com