

High Liner Foodservice, 4.54 kg / 10 lb, Upper Crust Cheddar Biscuit Cape Hake, Gluten Free, approx. 113 g / 4 oz

Hake What you Crave! High Liner Foodservice UpperCrust® Gluten Free Cheddar Biscuit Hake delivers a Crunchy Cheddar biscuit coating system in a premium UpperCrust® breading. ?Each fillet combines the best of deliciously moist, flaky wild caught Hake and flavour-packed crunchy crust.

Product Last Saved Date: 31 August 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 portion (113 g)

Amount Per Serving	
Calories	**190**
	% Daily Value*
Total Fat 6 g	**8%**
Saturated Fat 1 g	**5%**
Trans Fat 0 g	
Cholesterol 50 mg	**%**
Sodium 470 mg	**20%**
Total Carbohydrates 18 g	**%**
Dietary Fiber 0 g	**0%**
Total Sugars 1 g	
Includes Added Sugars	**%**
Protein 15 g	
Vitamin D	%
Calcium 50 mg	4%
Iron 0.4 mg	2%
Potassium 225 mg	7%

* 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
12300290	10061763002905	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.834 KGM			Undeclared	Yes

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
39.87 CMT	19.55 CMT	21.32 CMT	0.017 MTQ	15x8	540 Days	

Ingredients :

Cape hake, Flour (rice, corn), Water, Modified corn starch, Canola oil, Cheese (cheddar, parmesan), Starch (corn, rice), Salt, Seasonings (garlic, onion, herbs, yeast extract, spices), Sugars (sugar, dextrose, maltodextrin), Modified milk ingredients, Pea protein, Flavour, Guar flour, Baking soda, Yeast, Carotene. Contains: Cape hake (fish), Milk, Soy.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED - DO NOT REFREEZE IF THAWED. COOK FROM FROZEN. CONVECTION OVEN: Preheat oven to 400°F (200°C) and bake for 12-15 min. NOTE: Cook until a minimum internal temperature of 158°F (70°C) is reached.

Species / Scientific Name:

Serving Suggestions:

Ideal for a variety of center of the plate entrées, including on top of a fresh green salad to highlight the crunchy texture and elevate your culinary creations.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:





