

High Liner Foodservice, 4.54 kg / 10 lb, UPPER CRUST Cheddar Biscuit Cape Hake, GLUTEN FREE, 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: 04 June 2025



Nutrition Facts

Servings per container

Serving Size Per about 1 portion (113 g)

Amoun	t Per	Serving	ś
Cal	or	ies	

190

Calories	190
	% Daily Value*
Total Fat 6 g	8%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 50 mg	%
Sodium 480 mg	21%
Total Carbohydrates 18 g	%
Dietary Fiber 0 g	0%
Total Sugars 1 g	
Includes Added Sugars	%
Protein 16 g	
Vitamin D	%
Calcium 50 mg	4%
Iron 0.4 mg	2%
Potassium 225 mg	7%

]	Product Specifications :				
Code		GTIN	Type Of Catch		
0	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, disodium phosphate), Modified milk ingredients, Sugars (sugar, dextrose), Pea protein, Flavour, Guar flour, Baking soda, Yeast. Contains: Cape hake (fish), Milk, Soy.

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

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.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes
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

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