



## 10 Lb (4.54 kg) Southern Blue Whiting Fillets 4 oz, MSC

Wild caught Southern Blue Whiting fillets, caught off the coast of New Zealand are a back of house staple with excellent value and versatility. These fillets are white, tender and flaky with great plate consistency and appeal. Ready to enhance a variety of your fish recipes, these quality fillets can easily be cooked from frozen or thawed.

Product Last Saved Date: 10 April 2026



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

40 Servings per container

**Serving Size 4 oz (112g / about 1 fillet)**

Amount Per Serving

**Calories 100**

% Daily Value\*

**Total Fat** 1.5 g **2%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 75 mg **25%**

**Sodium** 80 mg **4%**

**Total Carbohydrates** 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 21 g

Vitamin D 1.6 mcg 8%

Calcium 50 mg 4%

Iron 0.4 mg 2%

Potassium 280 mg 6%

\* 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
12300189	10035493001897	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.925 LBR	10 LBR	US, CA, TH, ID, NZ, ZA, VN, CN	Undeclared	

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.627 INH	10.0207 INH	5.3169 INH	0.4510 FTQ	11x14	540 Days	-10 FAH / 0 FAH

### Ingredients :

SOUTHERN BLUE WHITING. CONTAINS: FISH (SOUTHERN BLUE WHITING)

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

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

### Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Southern Blue Whiting - Micromesistius australis

### Serving Suggestions:

Bake, broil, pan fry or deep fry as you would any popular white fish. Ideal for a wide range of dining environments, such as casual and family restaurants, colleges, healthcare, and more. This fillet works great for center of the plate entrées, fish sandwiches, salads and more. Pairs well with a variety of your complimentary sauces and sides.

### Claims & Child Nutrition:

BAP Certified:  
MSC Certified: Yes  
Has CN Statement: No  
CN Statement:

