

10 Lb (4.54 kg) Cape Hake Loin 4 oz, MSC

Cape Hake is wild caught from the deep waters off the Atlantic Coast of Africa. It is mild with a soft flesh that firms up during cooking. Consistent sizing and thickness within each portion. Cape Hake in particular is very low in fat, and high in protein, making it a great choice for a healthy meal solution on a variety of different menus.

Product Last Saved Date: 02 March 2026



HIGH LINER
FOODSERVICE™

Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / about 1 piece)

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 **3%**

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 |
|----------|----------------|---------------|
| 12300263 | 10035493002634 | WILD |

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

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 10.684 LBR | 10 LBR | NA, ZA, CN | Undeclared | |

Shipping Information

| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
|------------|------------|-----------|-----------|-------|------------|----------------------|
| 15.329 INH | 10.604 INH | 4.909 INH | 0.462 FTQ | 10x8 | 540 Days | -10 FAH / 0 FAH |

Ingredients :

CAPE HAKE CONTAINS: CAPE HAKE (FISH)

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:

COOK FULLY BEFORE CONSUMPTION

Species / Scientific Name:

Cape Hake - Merluccius capensis, Merluccius paradoxus

Serving Suggestions:

An ideal solution for fish tacos, sandwiches, or wraps. Pairs well with your own complementary sauces and sides.

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

Printed on 6 May 2026
Powered by Syndigo LLC - <http://www.syndigo.com>