



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: 20 October 2025

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	Undeclared	No

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'):

Eggs - 30	Milk - 30	Soy - 30
Fish - C	Wheat - 30	TreeNuts - 30
Peanuts - 30	Crustacean - 30	Sesame - 30

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:



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