

High Liner Foodservice Signature, 9.07 kg / 20 lb, Rainbow Trout Fillets, approx. 170 - 198 g / 6 - 7 oz

High Liner Foodservice Rainbow Trout features vibrant appealing colour. Skin-on fillets and whole fish allow for easy grilling. Interleaved packaging makes for easy use - take out as much or as little as needed.

Product Last Saved Date: 04 June 2025



# Nutrition Facts

Servings per container  
**Serving Size**  
**Per 100 g**

**Amount Per Serving**  
**Calories**  
**140**

**% Daily Value\***

**Total Fat** 6 g

8%

Saturated Fat 1.5 g

8%

Trans Fat 0 g

**Cholesterol** 60 mg

%

**Sodium** 50 mg

2%

**Total Carbohydrates** 0 g

%

Dietary Fiber 0 g

0%

Total Sugars 0 g

Includes Added Sugars

%

**Protein** 20 g

Vitamin D

%

Calcium 30 mg

2%

Iron 0.3 mg

2%

Potassium 400 mg

9%

\* 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
1041761	10055633417616	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.002 KGM			Undeclared	No

**Shipping Information**

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
42.7 CMT	31.8 CMT	14.2 CMT	0.019 MTQ	8x12	540 Days	

**Ingredients :**

Rainbow trout. Contains: Rainbow trout (fish).

**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 TO AN INTERNAL TEMPERATURE OF 158°F / 70°C.

**Species / Scientific Name:**

**Serving Suggestions:**

Marinate Rainbow Trout fillet in Italian salad dressing. Grill and serve with mango-pineapple salsa. Pan-fry Rainbow Trout fillet with butter, capers lemon juice. Surround Rainbow Trout fillet with a crust made of seasonal herbs, breadcrumbs, Dijon mustard bake.

**Claims & Child Nutrition:**

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

