

# 1/10 LB Crunchy Raw Breaded Flounder Fillets 4-5 oz, Kosher

High Liner Foodservice Crunchy Breaded Flounder Fillets are from natural cut, premium wild caught Flounder. Each fillet is coated with a specially seasoned breading for the perfect combination of extra crunch, and mild flavor and flakiness of this species. Ready to deep fry from frozen, each cooks in minutes and offers exceptional plate coverage, consistency and appeal for a variety of menu applications.

Product Last Saved Date: 25 November 2024



**HIGH LINER**  
FOODSERVICE™



## Nutrition Facts

36 Servings per container

**Serving Size 4.5 oz (126g/About 1 Fillet)**

Amount Per Serving

**Calories 190**

% Daily Value\*

**Total Fat 2 g 3%**

Saturated Fat 0 g 2%

Trans Fat 0 g

**Cholesterol 30 mg 11%**

**Sodium 480 mg 21%**

**Total Carbohydrates 29 g 11%**

Dietary Fiber 1 g 3%

Total Sugars 1 g

Includes 0 g Added Sugars 1%

**Protein 13 g**

Vitamin D 2 mcg 10%

Calcium 0 mg 0%

Iron 1 mg 6%

Potassium 150 mg 4%

\* 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
10002926	10073538029260	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6116 FTQ	15x5	540 Days	-10 FAH / 0 FAH

### Ingredients :

FLOUNDER, BLEACHED WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, NATURAL FLAVORS, WHITE CORN FLOUR, GUAR GUM, SALT, SUGAR, DEXTROSE, SPICES, YEAST, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (FLOUNDER), WHEAT

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

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

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 4½-5 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

### Species / Scientific Name:

Sole – *Lepidopsetta bilineata*, Hippoglossoides elassodon, Limanda aspera; Flounder - *Limanda ferruginea*

### Serving Suggestions:

Ideal for center of the plate entrées, seafood platters or sandwiches. Pairs well with a variety of traditional sides and seafood sauces, or your own complementary recipes.

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

