

High Liner Foodservice Signature, 4.54 kg / 10 lb, Breaded Krunchie® Ocean Perch Fillets

High Liner Foodservice Signature Breaded Krunchie® Ocean Perch Fillets feature wild caught Ocean Perch lightly coated in a specially seasoned breading. The result is a deliciously crunchy bite with mildly-sweet. medium-firm flaky fish. These ready-to-cook fillets come individually quick frozen for handling and preparation ease, quickly deep fry or bake to golden perfection, and are Cold Plate/Retherm compatible. Add excellent plate coverage and cost control, and it's easy to see why Breaded Krunchie® Fillets are a great option for expanding your seafood menu.

Product Last Saved Date: 31 August 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 2 fillets (130 g)

Amount Per Serving

Calories **250**

	% Daily Value*
Total Fat 10 g	**13%**
Saturated Fat 1 g	**5%**
Trans Fat 0 g	
Cholesterol 65 mg	**%**
Sodium 580 mg	**25%**
Total Carbohydrates 25 g	**%**
Dietary Fiber 1 g	**4%**
Total Sugars 1 g	
Includes Added Sugars	**%**
Protein 17 g	

Vitamin D	%
Calcium 100 mg	8%
Iron 2 mg	11%
Potassium 200 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
7787	10061763077873	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.86 KGM			Undeclared	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
38.894 CMT	24.894 CMT	15.587 CMT	0.0151 MTQ	13x11	540 Days	

Ingredients :

Ocean perch fillets, Water, Toasted wheat crumbs, Flour (wheat, corn, soy), Vegetable oil (canola, soya), Modified corn starch, Corn starch, Sugar, Salt, Seasonings (onion, yeast extract, spices, garlic, soy sauce powder), Baking powder, Sodium phosphate (to retain moisture), Guar flour, Paprika, Caramel (colour). Contains: Ocean perch (fish), Wheat, Soy.

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

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. DEEP FRY: PLACE 1 - 4 FROZEN PORTIONS IN PREHEATED 350°F/180°C OIL FOR ABOUT 6 - 7 MIN OR UNTIL DONE. INCREASE COOKING TIME FOR LARGER AMOUNTS. LET STAND 2 MIN. FORCED AIR CONVECTION OVEN: PLACE SINGLE LAYER OF FROZEN FILLETS ON SHALLOW BAKING PAN IN PREHEATED 425°F/220°C OVEN FOR 12 - 14 MINUTES. OVEN: PLACE SINGLE LAYER OF FROZEN FILLETS ON SHALLOW BAKING PAN IN PREHEATED 450°F/230°C OVEN FOR 18 - 20 MINUTES. TURN AFTER 10 MINUTES.

Serving Suggestions:

These Breaded Krunchie® Fillets are perfect served with corn on a bed of oriental fried rice, a side of mixed green and yellow beans, and a side salad. Or try an open-face crunchy Perch sandwich topped with the crisp, fresh vegetables of your choice.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:





