

1/10 LB Cornmeal Coated Striped Pangasius Fillets 2 - 3 oz

High Liner Foodservice Cornmeal Coated Striped Pangasius Fillets feature a unique Country Style herbed and spiced breading with true homestyle appeal. Each fillet quickly fries or bakes from frozen to crispy perfection, preserving the delicate texture and light flavor of this species. These delicious fillets deliver superior plate consistency with an authentic hand-breaded appearance guests will appreciate.

Product Last Saved Date: 02 December 2024



HIGH LINER
FOODSERVICE™



Nutrition Facts

40 Servings per container

Serving Size 4oz (112g / About 1 1/2 Strips)

Amount Per Serving

Calories 280

% Daily Value*

Total Fat 14 g **17%**

Saturated Fat 2.5 g **12%**

Trans Fat 0 g

Cholesterol 35 mg **12%**

Sodium 730 mg **32%**

Total Carbohydrates 25 g **9%**

Dietary Fiber 1 g **3%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 13 g

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 1 mg 6%

Potassium 240 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
10026001	10073538260014	FARM RAISED

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	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :

STRIPED PANGASIU, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), ENRICHED YELLOW CORN MEAL (CORN MEAL, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SALT, YELLOW CORN FLOUR, SPICES, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), DEXTROSE, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), GARLIC POWDER, ONION POWDER, GUAR GUM, NATURAL FLAVOR. CONTAINS: FISH (STRIPED PANGASIU), 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 4-5 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 14-16 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 16-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Ideal as a fish sandwich with Cole slaw and fries, as an entrée or enhance a salad. Pairs well with seafood sauces or your own complementary sauce recipes.

Species / Scientific Name:

Pangasius - Pangasianodon hypophthalmus

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)
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