

10 Lb (4.54 kg) Cornmeal Coated Striped Pangasius Fillets 2 - 3

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: 20 October 2025



Nutrition Facts

40 Servings per container

Serving Size 4oz (112g / About 1 1/2 \$trips)

Amoun	t Per	Serving
Cal	or	ies

280

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%

	Product Specifications :			
	Code GTIN		Type Of Catch	
H	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	TIXHI	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 PANGASIUS, 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 PANGASIUS), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):			
Eggs - 30	Milk - 30	Soy - 30	
Fish - C	Wheat - C	TreeNuts - 30	
Peanuts - 30	Crustacean - 30	Sesame - 30	

Prep & Cooking Suggestions:

nutrition advice.

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 MINIMI IM

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) http://www.highlinerfoods.com

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