

#### HIGH

#### 10336 - Flounder Filet Iqf 5 Oz



Fishery Product IQF Flounder Fillets are wild caught and individually quick frozen to lock in freshness and the unique characteristics of this species. Each easily cooks as desired, preserving the Flounders mild flavor and tender flakiness no matter how its prepared. These recipe-ready fillets offer excellent plate coverage and easy preparation for a variety of applications.



#### Benefits

Ingredients	▲ Allergens		
CONTAINS: FISH (FLOUNDER)	Contains:  fish  Free From:  crustaceans eggs milk peanuts  sesame soy milk peanuts  here nuts milk peanuts		

# **Nutrition Facts**

Servings per Container 32 Serving size5oz(140g/About1Fillet)

#### **Amount per serving Calories**

100

5%

	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 115mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sug	gar <b>0%</b>
Protein 18g	
Vitamin D 4mcg	20%
Calcium 30mg	2%
Iron 0mg	0%

\* The % Daily Value (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.

# **Handling Suggestions**

#### Keep Frozen

# Serving Suggestions

Ideal as a baked, broiled or breaded center of the plate entre, a fish sandwich, or to add depth to salads. Pairs well with the complementary sauce and side of your choosing.

Prep & Cooking Suggestions

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155F MINIMUM.

## Product Specifications

Brand	Manufacturer			
HIGH	High Liner Foods (USA) Incorporated			

Potassium 230mg

MFG #	SPC #	GTIN	Pack	Pack Desc.
1033604	10336	10035493336043	1	1 / 10.0 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11lb	10lb	CHN		No

Shipping Information							
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To	
14.63in	9.88in	5.5in	0.46ft3	10x13	540DAYS	-10°F / 0°F	





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#### Nutrition Analysis - By Serving

Calories	100	Total Fat	2.5g	Sodium	115mg
Protein	18	Trans Fats	0g	Calcium	30mg
Total Carbohydrates	0g	Saturated Fat	0.5g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	230mg
Dietary Fiber	0g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	65mg		
Vitamin A(IU)•	0	Vitamin D	4mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

# Additional Images









