



High Liner Foodservice

#56140

High Liner Foods (USA) Incorporated

3 oz Battered Whiting Wedges

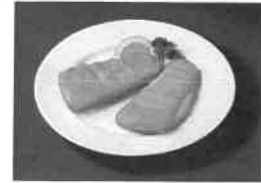
Nutrition Facts

Serving Size 1 Fillet (84g)	
Servings Per Container 53	
Amount Per Serving	
Calories	190
Calories from Fat	
%Daily Value *	
Total Fat	
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 390mg	17%
Potassium 120mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 0g 1%	
Sugars 1g	
Protein 9g	18%
Vitamin A	
Vitamin C	
Calcium	0%
Iron	6%

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

General Product Information

GTIN	00079148044602
MFR Product Number	10004460
Serving Size	1 Fillet (84g)
Storage Temperature	-15 - -14 FAH
Shelf Life from Production	547 Days
Child Nutrition Label (Y/N)	No
Child Nutrition Label Number	



General Description

3 oz Battered Whiting Wedges

Preparation and Cooking Instructions

- **COOKING INSTRUCTIONS FROM FROZEN: TO BAKE:** Place frozen filets on a lightly oiled sheet pan. **CONVECTION OVEN:** Preheat oven to 375°F and bake for about 18 minutes. **CONVENTIONAL OVEN:** Preheat oven to 425°F and bake for about 20 minutes. **TO DEEP FRY:** Preheat fryer to 350°F and fry for about 5 minutes. **NOTE COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM :**

Diets & Allergens

Diet Type	Allergen	Level of Containment
	Crustaceans and their derivatives	FREE FROM
	Eggs and their derivatives	CONTAINS
	Fish and their derivatives	CONTAINS
	Milk and their derivatives	CONTAINS
	Nuts and their derivatives	FREE FROM
	Peanuts and their derivatives	FREE FROM
	Soybeans and their derivatives	FREE FROM
	Molluscs and their derivatives	FREE FROM
	Wheat and their derivatives	CONTAINS
	Other gluten containing grain	FREE FROM

Serving Information

ENTREE

Packaging & Storage Information

Keep Frozen

List Of Ingredients

WHITING, WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: SUGAR, NONFAT MILK, PALM OIL, EGGS, IODIZED SALT, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, CARAMEL COLOR, EXTRACTIVE OF PAPRIKA AND TURMERIC (COLOR). CONTAINS: FISH (WHITING), WHEAT, MILK, EGGS

Country of Origin

United States

Packaging And Dimensions

Pallet Tie:	Pallet High:	Pallet Extra:	Pallet Total:
20	4		
Description: CASE	Length: 11.813 Inches	Width: 7.813 Inches	Height: 10.125 Inches
	Gross Weight: 11.000 Pounds	Net Weight: 10.000 Pounds	Volume: 0.541 Cubic Feet