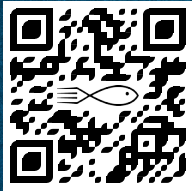




HIGH LINER  
FOODSERVICE™



# THE SECRET IS OUT: SOUTHERN BLUE WHITING FROM NEW ZEALAND IS IN.



Scan for more info  
on **Southern Blue Whiting**,  
including creative recipes and menu ideas!



PRODUCT CODE: 12300189 | BRAND: HIGH LINER FOODSERVICE  
**SOUTHERN BLUE WHITING  
FILLET UNTREATED | 4 OZ**

**INGREDIENTS:** SOUTHERN BLUE WHITING. **CONTAINS:** FISH (SOUTHERN BLUE WHITING), **ALLERGENS CONTAINED:** FISH.

## Nutrition Facts

About 40 servings per container  
**Serving size** **4oz (112g /**  
**About 1 fillet)**

Amount per serving	
<b>Calories</b>	<b>100</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 80mg	<b>4%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 21g	
Vitamin D 1.6mcg	8%
Calcium 50mg	4%
Iron 0.4mg	2%
Potassium 280mg	6%

\*The % Daily Value 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 CODE: 12300191 | BRAND: HIGH LINER FOODSERVICE  
**UPPERCRUST® POTATO CRUSTED  
SOUTHERN BLUE WHITING FILLET | 3.5 OZ**

**INGREDIENTS:** SOUTHERN BLUE WHITING, WATER, MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF THE FOLLOWING: VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), DEHYDRATED POTATOES, POTATO STICKS (DEHYDRATED POTATOES, CANOLA OIL, SALT), SALT, YELLOW CORN FLOUR, WHITE CORN FLOUR, POTATOES, DISODIUM GUANYLATE, DISODIUM INOSINATE, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), CHEDDAR CHEESE (MILK, SALT, CULTURES, ENZYMES), AUTOLYZED YEAST EXTRACT, VINEGAR, GARLIC POWDER, ONION POWDER, TORULA YEAST, NATURAL FLAVORS, YEAST, MALTED BARLEY FLOUR, LEAVENING (SODIUM BICARBONATE), SEA SALT, BUTTERMILK POWDER, DEXTROSE, DISODIUM PHOSPHATE. **CONTAINS:** FISH (SOUTHERN BLUE WHITING), WHEAT, MILK.

### COOKING INSTRUCTIONS FROM FROZEN

**TO BAKE:** PLACE FROZEN FILLETS ON A LIGHTLY OILED BAKING PAN. **CONVECTION OVEN:** PREHEAT OVEN TO 350°F AND BAKE FOR 15-17 MINUTES. **NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.**

## Nutrition Facts

About 40 servings per container  
**Serving size** **4 oz (112g / About 1 Piece)**

Amount per serving	
<b>Calories</b>	<b>130</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 410mg	<b>18%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes less than 1g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	
Vitamin D 1.2mcg	6%
Calcium 50mg	4%
Iron 0.6mg	4%
Potassium 260mg	6%

\*The % Daily Value 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 CODE: 12300192 | BRAND: HIGH LINER FOODSERVICE  
**PAN-SEAR SELECTS®**  
**SOUTHERN BLUE WHITING FILLET | 3.6 OZ**

**INGREDIENTS:** SOUTHERN BLUE WHITING, WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), MODIFIED CORN STARCH, RICE FLOUR, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, SPICES, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), SUGAR, MALTODEXTRIN, DISODIUM GUANYLATE, DISODIUM INOSINATE, LEMON JUICE POWDER, DEHYDRATED ONION, DEHYDRATED ORANGE PEEL, YEAST EXTRACT, GARLIC POWDER, DEHYDRATED GREEN ONION, NATURAL FLAVORS, CITRIC ACID, TURMERIC (COLOR), SOY LECITHIN. **CONTAINS:** FISH (SOUTHERN BLUE WHITING), SOY.

**COOKING INSTRUCTIONS FROM FROZEN**

**TO BAKE: TO PAN SAUTÉ/FLAT GRILL:** PREHEAT FLAT GRILL TO 325°F (MEDIUM HIGH HEAT) AND COOK FOR 9-10 MINUTES, TURNING OVER HALFWAY THROUGH COOKING. **TO BAKE:** PLACE FROZEN FILLETS ON A LIGHTLY OILED BAKING PAN. **CONVECTION OVEN:** PREHEAT OVEN TO 375°F AND BAKE FOR 9 -11 MINUTES. **CONVENTIONAL OVEN:** PREHEAT OVEN TO 400°F AND BAKE FOR 12 - 14 MINUTES. **TO DEEP FRY:** PREHEAT FRYER TO 350°F AND FRY FOR 5 - 6 MINUTES. **NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.**

## Nutrition Facts

About 40 servings per container  
**Serving size** 4 oz (112g / About 1 Piece)

Amount per serving	
<b>Calories</b>	<b>170</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 380mg	17%
<b>Total Carbohydrate</b> 10g	4%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes less than 1g Added Sugars	0%
<b>Protein</b> 16g	
Vitamin D 1.2mcg	6%
Calcium 50mg	4%
Iron 0.5mg	2%
Potassium 230mg	4%

\*The % Daily Value 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 CODE: 12300193 | BRAND: HIGH LINER FOODSERVICE  
**HOMESTYLE BREADED**  
**SOUTHERN BLUE WHITING PORTION | 4.7 OZ**

**INGREDIENTS:** SOUTHERN BLUE WHITING, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), WATER, CONTAINS LESS THAN 2% OF THE FOLLOWING: YELLOW CORN FLOUR, ONION POWDER, GARLIC POWDER, SALT, SPICES, SUGAR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), GUAR GUM, YEAST, CARAMEL COLOR, PAPRIKA EXTRACT (COLOR), NATURAL FLAVORS. **CONTAINS:** FISH (SOUTHERN BLUE WHITING), WHEAT.

**COOKING INSTRUCTIONS FROM FROZEN**

**TO BAKE:** PLACE FROZEN PORTIONS ON A LIGHTLY OILED BAKING PAN. **CONVECTION OVEN:** PREHEAT OVEN TO 425°F AND BAKE FOR 15 - 17 MINUTES. FLIP HALF WAY. **CONVECTIONAL OVEN:** PREHEAT OVEN TO 425°F AND BAKE FOR 22 - 24 MINUTES. FLIP HALF WAY. **TO DEEP FRY:** PREHEAT FRYER TO 350°F AND FRY FOR 6 - 7 MINUTES. **NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.**

## Nutrition Facts

About 40 servings per container  
**Serving size** 4 oz (112g/ About 1 Piece)

Amount per serving	
<b>Calories</b>	<b>210</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 250mg	11%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes less than 1g Added Sugars	0%
<b>Protein</b> 16g	
Vitamin D 1.1mcg	6%
Calcium 40mg	4%
Iron 0.8mg	4%
Potassium 220mg	4%

\*The % Daily Value 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 CODE: 12300194 | BRAND: HIGH LINER FOODSERVICE  
**BEER BATTERED SOUTHERN BLUE WHITING FILLET | 4.8 OZ**

**INGREDIENTS:** SOUTHERN BLUE WHITING, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), BEER (WATER, BARLEY MALT, RICE, HOPS), YELLOW CORN FLOUR, CONTAINS LESS THAN 2% OF THE FOLLOWING: MODIFIED CORN STARCH, SALT, WHITE CORN FLOUR, NATURAL FLAVORS, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), LEAVENING (SODIUM ALUMINUM PYROPHOSPHATE, SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), SPICES, SUGAR, DEXTROSE. **CONTAINS:** FISH (SOUTHERN BLUE WHITING), WHEAT.

**COOKING INSTRUCTIONS FROM FROZEN**

**TO DEEP FRY:** PREHEAT FRYER TO 350°F AND FRY FOR 6 - 7 MINUTES. **NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.**

## Nutrition Facts

About 40 servings per container  
**Serving size** 4 oz (112g / About 1 Piece)

Amount per serving	
<b>Calories</b>	<b>230</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 580mg	25%
<b>Total Carbohydrate</b> 19g	7%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes less than 1g Added Sugars	0%
<b>Protein</b> 14g	
Vitamin D 0.9mcg	4%
Calcium 40mg	4%
Iron 1.1mg	6%
Potassium 170mg	4%

\*The % Daily Value 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.

# DO SEAFOOD FEARLESSLY

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