



1/10 LB Sea Nuggets® Pub Battered Cod Nuggets, Cut from Fillets, 1.17 oz

High Liner Sea Nuggets Pub Battered Cod Nuggets take finger food to a whole new level. Wild caught Cod is dipped in signature seasoned batter for a delectable crispy crunch, preserving the moist flakiness of the Cod in every way. These delicious nuggets easily bake or fry from frozen to golden crispy perfection in minutes. Simply cook, serve, and watch the fun begin.

Product Last Saved Date: 09 May 2025



Nutrition Facts

46 Servings per container
Serving Size 3.5 oz (98g/About 3 Nuggets)

Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 9 g	12%
Saturated Fat 0.5 g	4%
Trans Fat 0 g	
Cholesterol 25 mg	9%
Sodium 460 mg	20%
Total Carbohydrates 14 g	5%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 11 g	
Vitamin D 0.4 mcg	2%
Calcium 0 mg	0%
Iron 0.7 mg	4%
Potassium 200 mg	4%

* 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
1029104	10035493291045	WILD

Brand	GPC Description
High Liner Foods	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.0 LBR	10.0 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.6343 INH	7.6343 INH	8.2685 INH	0.4250 FTQ	20x5	547 Days	-10 FAH / 0 FAH

Ingredients :						
COD, WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: SALT, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), ONION POWDER, SORBITOL, SUGAR, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), MONOSODIUM GLUTAMATE, WHEY, MODIFIED CELLULOSE. CONTAINS: FISH (COD), WHEAT, MILK						

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - N	Milk - C	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 to 6 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

Serving Suggestions:

The perfect finger food for appetizers and kid's menus, and adds a comfort crunch to salads. Pairs well with traditional or your own signature sauces and sides.

Claims & Child Nutrition:

BAP Certified:
MSC Certified:
Has CN Statement: No
CN Statement:

