



10/6 LB Crunchy Raw Breaded Cod Rectangles, 32 - 3 oz, Kosher

Quick and easy to prepare, High Liner Foodservice Crunchy Breaded Cod Rectangles feature tender, wild caught premium High Liner Foodservice Cod portions with specially seasoned breading. This creates the perfect combination of an extra crunchiness and natural moist flakiness and mild flavor of this species. Each goes from frozen to fryer to plate in minutes.

Product Last Saved Date: 25 November 2024

Nutrition Facts

32 Servings per container

Serving Size 1 Portion (84g)

Amount Per Serving

Calories 130

% Daily Value*

Total Fat 0.5 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 20 mg 7%

Sodium 240 mg 10%

Total Carbohydrates 18 g 7%

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 11 g

Vitamin D 0.5 mcg 2%

Calcium 0 mg 0%

Iron 0.7 mg 4%

Potassium 240 mg 6%

* 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
10002800	10073538028003	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
66 LBR	60.0 LBR	N/A	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.1968 INH	11.8219 INH	17.0187 INH	2.0022 FTQ	9x2	540 Days	-10 FAH / 0 FAH

Ingredients :

COD, BLEACHED WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: WHITE CORN FLOUR, NATURAL FLAVOR, SUGAR, CANOLA OIL, SALT, SPICES, YEAST, GARLIC POWDER, ONION POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), PAPRIKA EXTRACT (COLOR). CONTAINS: FISH (COD), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - NI

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for about 3 1/2 - 4 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

Serving Suggestions:

Ideal as a center of the plate entrée, for higher-end sandwiches or fish baskets. Pairs well with a variety of complementary sauces and sides.

Claims & Child Nutrition:

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

