

High Liner Foodservice, 4.54 kg / 10 lb, HEALTHY TONIGHT, Breaded Cod Fillets

Contains no MSG. 13 g protein per 119 g serving. Par-fried in non-hydrogenated vegetable oil (9 g fat per 119 g serving and no trans fat). Made from fillets. Low portion cost (with good plate coverage). Light crumb, crunchy bite.

Product Last Saved Date: 31 August 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size **Per 1 fillet (119 g)**

Amount Per Serving

Calories **200**

	% Daily Value*
Total Fat 9 g	**12%**
Saturated Fat 1 g	**5%**
Trans Fat 0 g	
Cholesterol 35 mg	**%**
Sodium 420 mg	**18%**
Total Carbohydrates 16 g	**%**
Dietary Fiber 0 g	**0%**
Total Sugars 0 g	
Includes Added Sugars	**%**
Protein 13 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 0.75 mg	4%
Potassium 250 mg	5%

* 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
1828	10061763018289	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
6.02 KGM			Undeclared	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
38.6 CMT	24.6 CMT	15 CMT	0.0142 MTQ	13x11	540 Days	

Ingredients :

Cod, Water, Toasted wheat crumbs, Modified corn starch, Canola oil, Seasonings (onion, garlic, spices), Corn flour, Baking powder, Sodium phosphate (to retain moisture), Salt, Guar flour, Sugar, Caramel. Contains: Cod (fish), Wheat.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

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

Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FORCED AIR CONVECTION OVEN: Place single layer of frozen fillets on shallow baking pan in preheated 425°F (220°C) oven. Bake for about 15-17 min or until done. OVEN: Place single layer of frozen fillets on shallow baking pan in preheated 425°F (220°C) oven. Bake for about 22-24 min or until done. DEEP FRY: Immerse 1-4 frozen fillets in preheated 350°F (180°C) oil for about 7-8 min or until done. NOTE: Since appliances vary, these instructions are guidelines only. Cook to an internal temperature of 158°F (70°C).

Serving Suggestions:

Serve with wild rice and oriental veggies or try on a French bun with tartar sauce, tomatoes and leafy greens.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:





