

# 631030 - 1/10 LB Oven Ready Battered Cod Wedge 3 oz, Kosher, C...

High Liner Oven Ready Battered Cod Wedges provide perfectly portioned protein for a variety of CN applications. These wild caught fillets are dipped in a specially seasoned batter and pre-cooked to crispy perfection, preserving the tender flakiness of the fish in every way. Each heats in no time to create a dish kids and adults will find hard to resist.



## MARKETING



## PRODUCT SPECIFICATIONS



| Code     | Dist Prod Code | GTIN           | Calculated Pack |
|----------|----------------|----------------|-----------------|
| 10001880 | 631030         | 10073538018806 | 1 x 10#         |

| Brand                  | Brand Owner           | GPC Description                    |
|------------------------|-----------------------|------------------------------------|
| High Liner Foodservice | High Liner Foods Inc. | Fish - Prepared/Processed (Frozen) |

| Gross Weight | Net Weight | Case/Catch Weight | Country Of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|-------------------|--------|-----------------|
| 11 LBR       | 10 LBR     | No                | United States     | Yes    | Yes             |

| Shipping    |            |           |            |        |            |                      |
|-------------|------------|-----------|------------|--------|------------|----------------------|
| Length      | Width      | Height    | Volume     | Tlx/HL | Shelf Life | Storage Temp From/To |
| 15.8125 INH | 7.8125 INH | 8.625 INH | 0.6166 FTQ | 15x5   | 540 Days   | -10 FAH / 0 FAH      |

## ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Eggs - C
- Soy - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - C
- Shellfish - NI

## HANDLING SUGGESTIONS



Keep Frozen

## SERVING SUGGESTIONS



Perfect as a protein entrée with nutritional sides, as a sandwich, or atop a salad. Ideal for school lunch, as well as healthcare and senior living center dining.

## PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 15-20 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 20-25 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

## Nutrition Facts

53 Servings per container

**Serving Size** 1 Wedge (84g)

**Amount Per Serving**  
**Calories** **180**

% Daily Value\*

**Total Fat** 8 g **11%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

**Cholesterol** 25 mg **8%**

**Sodium** 400 mg **18%**

**Total Carbohydrates** 15 g **6%**

Dietary Fiber 0 g **0%**

Total Sugars 1 g

Includes 1 g Added Sugars **2%**

**Protein** 9 g

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 1 mg 6%

Potassium 170 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.

## INGREDIENTS



53.5% COD (FISH, WATER, SALT); 46.5% BATTER AND BREADING: 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), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: SUGAR, PALM OIL, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), IODIZED SALT, SALT, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EGGS, NONFAT MILK, CARAMEL COLOR, EXTRACTIVES OF PAPRIKA AND TURMERIC (COLOR). PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. CONTAINS: FISH (COD), WHEAT, MILK, EGGS

## MORE INFORMATION



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## NUTRITIONAL ANALYSIS



|                     |      |
|---------------------|------|
| Calories            | 180  |
| Protein             | 9 g  |
| Total Carbohydrates | 15 g |
| Sugars              | 1 g  |
| Dietary Fiber       | 0 g  |
| Lactose             |      |
| Sucrose             |      |
| Vitamin A (IU)      |      |
| Vitamin A (RE)      |      |
| Vitamin C           |      |
| Magnesium           |      |
| Monosodium          |      |

|                     |       |
|---------------------|-------|
| Total Fat           | 8 g   |
| Trans Fat           | 0 g   |
| Saturated Fat       | 1.5 g |
| Added Sugars        | 1 g   |
| Polyunsaturated Fat |       |
| Monounsaturated Fat |       |
| Cholesterol         | 25 mg |
| Vitamin D           | 0 mcg |
| Vitamin E           |       |
| Folate              |       |
| Vitamin B-6         |       |
| Sulphites           |       |

|              |        |
|--------------|--------|
| Sodium       | 400 mg |
| Calcium      | 0 mg   |
| Iron         | 1 mg   |
| Potassium    | 170 mg |
| Zinc         |        |
| Phosphorus   |        |
| Thiamin      |        |
| Niacin       |        |
| Riboflavin   |        |
| Vitamin B-12 |        |
| Nitrates     |        |

## NUTRITIONAL CLAIMS



|        |     |
|--------|-----|
| KOSHER | YES |
|--------|-----|

## MORE IMAGES

