

High Liner Foodservice

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

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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	TlxHI	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	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors	
TRACEABILITY_REGULATION		FSMA204	TRUE			N/A	

HANDLING SUGGESTIONS

Keep Frozen

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

Soybean - N

Wheat - C

Sesame - N

Peanuts - N

Tree - N

Fish - C

Shellfish - NI

Crustaceans - N

Nutrition Facts

53 Servings per container

Serving Size1 Wedge (84g)

Amount Per Serving

Calories180

% Daily Value*

Total Fat8 g11%

Saturated Fat1.5 g8%

Trans Fat0 g

Cholesterol25 mg8%

Sodium400 mg18%

Total Carbohydrates15 g6%

Dietary Fiber0 g0%

Total Sugars1 g

Includes 1 g Added Sugars2%

Protein9 g

Vitamin D0 mcg0%

Calcium0 mg0%

Iron1 mg6%

Potassium170 mg4%

* 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

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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.

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.

MORE INFORMATION

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
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MORE IMAGES

