## 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



# **Nutrition Facts**

53 Servings per container

Serving Size

Amount Per Serving Calories

180

1 Wedge (84g)

	% Daily Value*
Total Fat 8 g	11%
Saturated Fat 1.5 g	8%
Trans Fat 0 d	<u> </u>

mans rat o g	
Cholesterol 25 mg	8%
Sodium 400 mg	18%

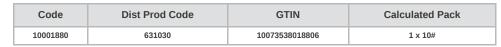
<b>Total Carbohydrates</b> 15 g	6%
Dietary Fiber 0 g	0%
T . 10	

	,	-		
Tota	al Suga	rs 1 g		
	Include	s 1 g Ad	lded Sugars	2%

Protein 9 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 1 mg	6%

<sup>\*</sup> 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

#### PRODUCT SPECIFICATIONS



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
Г	11 LBR	10 LBR	No	United States	Yes	Yes

Shipping						
Length Width Height Volume TIxHI 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

## 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



4%

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.

#### **INGREDIENTS**



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'

(门) Milk - C

Peanuts - N

Eggs - C











REDIENTS :\_ ALLE

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, NIÁCIN, 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,

MORE INFORMATION

Potassium 170 mg

advice.



# 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.

## NUTRITIONAL ANALYSIS

9 g
15 g
1 g
0 g

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







Last Saved: 31 March 2025 | Printed: 01 April 2025