

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	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

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

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 Peanuts - N

Eggs - C Tree - N

Soybean - N Fish - C

Wheat - C Shellfish - NI

Sesame - N Crustaceans - N

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
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MORE IMAGES

