



## 1/10 LB Crunchy Breaded Custom Cod Portions 5.3 oz

High Liner Foodservice Crunchy Breaded Custom Cut Cod Portions are quick and easy to prepare with the plate consistency you need. A uniquely delicious seasoned breading gives these wild caught portions the ideal crispness that preserves the Cod's moist, flaky texture and mild flavor inside. Each fries from frozen to golden crunchy perfection in minutes with superb plate appeal.

Product Last Saved Date: 04 April 2025



## Nutrition Facts

30 Servings per container  
**Serving Size 1 Portion (148g)**

**Amount Per Serving**  
**Calories 210**

	% Daily Value*
<b>Total Fat</b> 1 g	<b>2%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 35 mg	<b>12%</b>
<b>Sodium</b> 590 mg	<b>25%</b>
<b>Total Carbohydrates</b> 34 g	<b>12%</b>
Dietary Fiber 1 g	<b>2%</b>
Total Sugars 1 g	
Includes 1 g Added Sugars	<b>2%</b>

<b>Protein</b> 16 g	
Vitamin D 0.5 mcg	2%
Calcium 30 mg	2%
Iron 1.8 mg	10%
Potassium 300 mg	6%

\* 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
1029556	10035493295562	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.6969 INH	7.6969 INH	8.3937 INH	0.5869 FTQ	15x5	547 Days	-10 FAH / 0 FAH

### Ingredients :

COD, WATER, BLEACHED WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, NATURAL FLAVOR, SALT, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SUGAR, SOY FLOUR, YEAST, EGGS, NATURAL FLAVOR (SOY CREAM SOLIDS, CULTURED NONFAT MILK SOLIDS, CITRIC ACID), SOYBEAN OIL, NONFAT MILK, SPICES, ONION POWDER, PAPRIKA EXTRACT (COLOR), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (COD), WHEAT, SOY, MILK, EGGS

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - C	Milk - C	Soy - C
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 3-5 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

### Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

### Serving Suggestions:

Perfect for entrées, baskets and sandwich applications. Pairs well with a variety of complementary sides and sauces of your choosing.

### Claims & Child Nutrition:

BAP Certified:  
MSC Certified:  
Has CN Statement: No  
CN Statement:

