

# 10 Lb (4.54 kg) Oven Ready Whole Grain Breaded Cod Nuggets 1 oz, CN

High Liner Whole Grain Rich Breaded Cod Nuggets align with USDA whole grain guidelines, have the ease of preparation schools require, and a flavorful crispy crunch kids will look forward to eating. These oven-ready nuggets bake to perfection in minutes to keep hungry kids fed, and the lunchroom efficiently moving along.

Product Last Saved Date: 02 April 2026



**HIGH LINER**  
FOODSERVICE™



## Nutrition Facts

40 Servings per container

**Serving Size 4 Nuggets (112g)**

Amount Per Serving

**Calories 220**

% Daily Value\*

**Total Fat 8 g 10%**

Saturated Fat 1.5 g 6%

Trans Fat 0 g

**Cholesterol 30 mg 10%**

**Sodium 340 mg 15%**

**Total Carbohydrates 23 g 8%**

Dietary Fiber 2 g 7%

Total Sugars 1 g

Includes 1 g Added Sugars 1%

**Protein 14 g**

Vitamin D 0.5 mcg 2%

Calcium 0 mg 0%

Iron 1.5 mg 8%

Potassium 290 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
51067	10070737510674	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	

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	547 Days	-10 FAH / 0 FAH

### Ingredients :

64.2% COD [FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)], 35.8% BATTER AND BREADING: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHOLE YELLOW CORN MEAL, CONTAINS 2% OR LESS OF: WATER, YELLOW CORN FLOUR, SUGAR, SALT, YEAST, WHEY, AUTOLYZED YEAST EXTRACT, LEAVENING (SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MODIFIED CELLULOSE, EXTRACTIVES OF PAPRIKA, ANNATTO AND TURMERIC (COLOR), DEHYDRATED ONION. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: FISH (COD), WHEAT, MILK

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

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

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen nuggets on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 375°F and bake for approximately 10 minutes. CONVENTIONAL OVEN: preheat oven to 400°F and bake for approximately 15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Serving Suggestions:

Perfect as an entrée with a vegetable and starch side or on a salad. Ideal for school lunch, as well as a healthier breaded option for healthcare and senior living center dining.

### Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

