

# 9/4 LB English Style Fish In Batter Cod Wedges, Made from Minced Fish 2 oz, Kosher

High Liner Foodservice Battered Minced Cod Wedges are an utterly delicious, highly versatile option developed for menus on a budget. Made from carefully minced wild caught Cod, each wedge portion is dipped in a signature-seasoned batter for the ultimate crispy, moist and flavorful flaky fish bite. They're extremely simple to prepare, and easily bake or deep-fry to golden perfection with true patron-pleasing plate coverage every time. All of which makes option a solid choice for your seafood menu.

Product Last Saved Date: 02 December 2024



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

16 Servings per container

**Serving Size 2 Wedge (112g)**

Amount Per Serving

**Calories 230**

% Daily Value\*

**Total Fat** 10 g **13%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

**Cholesterol** 25 mg **8%**

**Sodium** 550 mg **24%**

**Total Carbohydrates** 22 g **8%**

Dietary Fiber 1 g **2%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 13 g

Vitamin D 0.5 mcg 2%

Calcium 0 mg 0%

Iron 1.1 mg 6%

Potassium 260 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
10002013	10073538020137	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
40 LBR	36.0 LBR	N/A	Yes	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.25 INH	10 INH	28 INH	2.3090 FTQ	6x3	547 Days	-10 FAH / 0 FAH

### Ingredients :

MINCED COD, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), BLEACHED WHEAT FLOUR, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SPICE, SALT, IODIZED SALT, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE). CONTAINS: FISH (COD), WHEAT.

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

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

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS For food safety and quality, please follow these cooking instructions. Keep frozen until ready to prepare – Do not refreeze. CONVENTIONAL OVEN: Preheat oven to 425°F. Place frozen portions on crumpled aluminum foil and bake 15-17 minutes, turn once. Fry frozen portions at 360°F for 2-2 1/2 minutes. NOTE: Cook to a minimum internal temperature of 165°F.

### Serving Suggestions:

These Minced Cod Wedges are versatile for whatever you have in mind. From Fish and Chips and sandwiches, to baskets, platters, and more. They pair well with traditional seafood sauces and a variety of complementary sides.

### Species / Scientific Name:

Atlantic Cod - Gadus morhua

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)  
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Printed on 22 February 2025  
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