

# 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: 20 October 2025



FOODSERVICE™

# **Nutrition Facts**

16 Servings per container

Serving Size 2

2 Wedge (112g)

Amount Per Serving

**230** 

Calories	250
	% 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%

Product Specifications :					
Code GTIN		Type Of Catch			
10002013	10073538020137	WILD			

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

Gross Weight Net Weight		Country of Origin	Kosher	Gluten Free
37.744 LBR	36 LBR	N/A	Yes	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
10.394 INH	9.947 INH	27.947 INH	1.672 FTQ	6x4	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, 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 - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - C	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

# Prep & Cooking Suggestions:

COOKING INSTRUCTIONS For food safety and quality, carefully follow these instructions. Prepare from frozen. Do not refreeze once thawed. CONVENTIONAL OVEN: Preheat oven to 425°F. Place frozen portions on crumpled aluminum foil and bake 15-17 minutes, turn once. FRY: Fry frozen portions at 350°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) http://www.highlinerfoods.com

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