



1/10 LB Tavern Style Battered Cod Fillets 2-3oz, MSC

Create a menu favorite with an American classic, sure to fit every menu and price point. Truly a gold standard item, we make certain that every fish is caught using the preferred long-line method, and processed without the use of chemicals, which ensures a flaky white flesh. We then prepare the fillets using a savory-style batter saving you time and minimizing waste.

Product Last Saved Date: 06 June 2025



Nutrition Facts

32 Servings per container
Serving Size 5 oz (140g/About 2 Fillets)

Amount Per Serving
Calories **260**

% Daily Value*

Total Fat 12 g **15%**

Saturated Fat 2 g **10%**

Trans Fat 0 g

Cholesterol 20 mg **7%**

Sodium 630 mg **27%**

Total Carbohydrates 22 g **8%**

Dietary Fiber 1 g **4%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

Protein 15 g

Vitamin D 1 mcg 6%

Calcium 17 mg 2%

Iron 1 mg 6%

Potassium 311 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
1029745	10035493297450	WILD

Brand	GPC Description
High Liner Foods	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
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	547 Days	-10 FAH / 0 FAH

Ingredients :

COD, WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, WHEY, GARLIC POWDER, YELLOW CORN FLOUR, LEAVENING (SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SUGAR, NATURAL FLAVOR, YEAST, MALTODEXTRIN, SPICES, CORN STARCH, YELLOW 5, YELLOW 6. CONTAINS: COD (FISH), WHEAT, MILK

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

Eggs - N	Milk - C	Soy - N
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 6 - 8 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Pacific Cod - Gadus macrocephalus, Atlantic Cod - Gadus morhua

Serving Suggestions:

Perfect as a basket, on a seafood platter, or as a sandwich with a side of fries and coleslaw. Pairs well with a variety of complementary sauces.

Claims & Child Nutrition:

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

