



## 10 Lb (4.54 kg) Oven Ready Whole Grain Breaded Cod, Made From Minced Fish, Sticks 1 oz, CN

Our Whole Grain Rich seafood solutions not only taste great, they also align with the USDA guidelines for whole grain. Final product is value added and packed in US.

Product Last Saved Date: 03 December 2025



### Nutrition Facts

40 Servings per container

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

Amount Per Serving

**Calories 210**

% Daily Value\*

**Total Fat 8 g 10%**

Saturated Fat 1 g 6%

Trans Fat 0 g

**Cholesterol 30 mg 11%**

**Sodium 290 mg 13%**

**Total Carbohydrates 21 g 8%**

Dietary Fiber 2 g 6%

Total Sugars 1 g

Includes 1 g Added Sugars %

**Protein 15 g**

Vitamin D 0.5 mcg 2%

Calcium 0 mg 0%

Iron 1.5 mg 8%

Potassium 310 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
55167	10070737551677	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
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

### Ingredients :

66.7% MINCED COD (FISH, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)); 33.3% 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: CONVECTION OVEN: Bake At 375°F For 8-12 Minutes. CONVENTIONAL OVEN: Bake At 400°F For 12-15 Minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

### Serving Suggestions:

Ideal for entrées, sandwiches, dinner salads, and more. Pairs well with a variety of traditional sauces or your own complementary sauce recipes.

### Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

