



## 1/10 LB Lightly Breaded Cod Tail Portions 5 oz, MSC

High Liner Lightly Breaded Cod Tail Portions have a natural appearance, with exceptional value as well as a superior plate consistency. These quality tail portions are lightly breaded and seasoned to deliver a pleasingly flavorful crunch, preserving the Cod's flaky texture and mild flavor inside. Each portion cooks from frozen to crispy perfection in minutes with excellent plate appeal.

Product Last Saved Date: 20 November 2024

| <b>Nutrition Facts</b>   |                         |
|--|-------------------------|
| 32 Servings per container  |                         |
| <b>Serving Size</b>  | <b>1 Portion (140g)</b> |
| <b>Amount Per Serving</b>  |                         |
| <b>Calories</b>  | <b>190</b>              |
| % Daily Value*   |                         |
| <b>Total Fat</b> 1 g   | <b>1%</b>               |
| Saturated Fat 0 g  | <b>0%</b>               |
| Trans Fat 0 g  |                         |
| <b>Cholesterol</b> 45 mg   | <b>14%</b>              |
| <b>Sodium</b> 350 mg   | <b>15%</b>              |
| <b>Total Carbohydrates</b> 25 g  | <b>9%</b>               |
| Dietary Fiber 1 g  | <b>2%</b>               |
| Total Sugars 0 g   |                         |
| Includes 0 g Added Sugars  | <b>0%</b>               |
| <b>Protein</b> 20 g  |                         |
| Vitamin D 0.9 mcg  | 4%                      |
| Calcium 0 mg   | 0%                      |
| Iron 0.7 mg  | 4%                      |
| Potassium 440 mg   | 10%                     |
| * 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. |                         |

| <b>Product Specifications :</b> |                |               |
|---------------------------------|----------------|---------------|
| Code                            | GTIN           | Type Of Catch |
| 02075                           | 00074638020754 | WILD          |

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

| Gross Weight | Net Weight | Country of Origin | Kosher     | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 11.0 LBR     | 10.0 LBR   | N/A               | Undeclared | No          |

| <b>Shipping Information</b> |            |           |            |       |            |                      |
|-----------------------------|------------|-----------|------------|-------|------------|----------------------|
| 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      |

| <b>Ingredients :</b>  |
|---|
| COD, BLEACHED WHEAT FLOUR, WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, NATURAL FLAVORS, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, SALT, DEXTROSE. CONTAINS: FISH (COD), WHEAT |

| <b>Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):</b> |                |              |
|---|----------------|--------------|
| Eggs - N  | Milk - N       | Soy - N      |
| Fish - C  | Wheat - C      | TreeNuts - N |
| Peanuts - N   | Crustacean - N | Sesame - N   |

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Fry for 4-5 minutes at 350°F or until golden brown, drain and serve. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

### Serving Suggestions:

Perfectly sized for fish baskets or sandwiches, these Breaded Cod Tail Portions pair well with a variety of traditional or signature complementary sauces and sides.

### Claims & Child Nutrition:

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

