

## 10 Lb (4.54 kg) Lightly Breaded Cod Tail Portions 5 oz, MSC

High Liner Lightly Breaded Cod Tail Portions have a natural appearance, with exceptional value as well 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 October 2025

# **Nutrition Facts**

32 Servings per container

Serving Size 1 Portion (140g)

**Amount Per Serving** 

Calories

190

Calories	
	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 45 mg	14%
Sodium 350 mg	15%
Total Carbohydrates 25 g	9%
Dietary Fiber 1 g	2%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
<b>Protein</b> 20 g	
Vítamin D 0.9 mcg	4%
Calcium 0 mg	0%
Iron 0.7 mg	4%
Potassium 440 mg	10%

Product Specifications :				
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

Shipping Information						
Length	Width	Height	Volume	TIxHI	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:

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

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 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  $155^{\circ}$ 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:









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

Page 1 of 1

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