

# 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 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 October 2025



## Nutrition Facts

32 Servings per container

**Serving Size** 1 Portion (140g)

Amount Per Serving

**Calories** 190

% 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%

**Protein** 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.

### 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	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 :

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' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - C	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

### 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:

