

631034 - 1/10 LB Western Style Battered Cod Portions 3 oz

High Liner Foodservice Western Style Battered Cod Portions are the ideal blend of robust flavor, delectable crunch, versatility, and preparation ease. Consistently portioned from premium wild caught Cod, these delicious fillets feature a western style breading with a just spicy enough kick to wake up the taste buds. They come fryer-ready, and easily cook from frozen to crunchy,...



MARKETING



PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
1029715	631034	10035493297153	53 x 3 OZ

Brand	Brand Owner	GPC Description
High Liner Foodservice	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11 LBR	10 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	Tlx/Hi	Shelf Life	Storage Temp From/To
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	540 Days	-10 FAH / 0 FAH

ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Eggs - N
- Soy - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - C
- Shellfish - NI

SERVING SUGGESTIONS



Western Style Battered Cod Portions add zing to fish and chips, baskets sandwiches and more. They easily pair with any traditional complementary side or sauce you have in mind.

HANDLING SUGGESTIONS



Keep Frozen

PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 4-5 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

MORE INFORMATION



Nutrition Facts

53 Servings per container

Serving Size 1 Portion (84g)

Amount Per Serving
Calories 160

% Daily Value*

Total Fat 6 g 8%

Saturated Fat 1 g 5%

Trans Fat 0 g

Cholesterol 20 mg 6%

Sodium 290 mg 12%

Total Carbohydrates 16 g 6%

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 9 g

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 0.9 mg 4%

Potassium 160 mg 4%

* 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.

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NUTRITIONAL ANALYSIS



Calories	160
Protein	9 g
Total Carbohydrates	16 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	6 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	20 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	290 mg
Calcium	0 mg
Iron	0.9 mg
Potassium	160 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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