

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 | TlxHI | 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 | |
| Traceability Regulation | | | | | | | |
| Regulation Type Code | | Regulatory Act | Trade Item Regulation Compliant | | | Regulation Restrictions and Descriptors | |
| TRACEABILITY_REGULATION | | FSMA204 | TRUE | | | N/A | |

HANDLING SUGGESTIONS

Keep Frozen

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
- Soybean - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree - N
- Fish - C
- Shellfish - NI
- Crustaceans - N

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. | |

INGREDIENTS

COD, WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, RICE FLOUR, SALT, PALM OIL, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), DEXTROSE, WHEY, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SPICES, ONION POWDER, GARLIC POWDER, GUAR GUM, YEAST. CONTAINS: FISH (COD), WHEAT, MILK

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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.

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.

MORE INFORMATION

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

| | |
|------|----------|
| FISH | CONTAINS |
| SOY | CONTAINS |

| | |
|-------|----------|
| WHEAT | CONTAINS |
|-------|----------|

| | |
|------|----------|
| MILK | CONTAINS |
|------|----------|

MORE IMAGES

