

High Liner Foods

630805 - 1/10 LB Pub Style Battered Cod Fillets, Kosher

High Liner Foods Pub Style Battered Cod Fillets offer your menu deliciously authentic pub fare without the pub. These wild caught, natural cut fillets are dipped in a classic seasoned English style batter, resulting in an irresistible blend of delicately crisp, moist and tender flaky fish with every bite. Whether deep fried or oven baked, each easily cooks from frozen to golden...



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
10021783	630805	00079149217839	1/10 LB

Brand	Brand Owner	GPC Description
High Liner Foods	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	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	547 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

Pub Style Battered Cod Fillets are a no-brainer for fish and chips, baskets, as a pub-inspired sandwich, or portioned atop an entrée salad. They pair extremely well with malt vinegar or any complementary sauce you have in mind.

Nutrition Facts

40 Servings per container

Serving Size 112g / About 1 1/2 Fillet

Amount Per Serving

Calories

200

% Daily Value*

Total Fat 10 g12%

Saturated Fat 1.5 g8%

Trans Fat 0 g

Cholesterol 20 mg7%

Sodium 310 mg13%

Total Carbohydrates 13 g5%

Dietary Fiber 0 g0%

Total Sugars 0 g

Includes 0 g Added Sugars0%

Protein 14 g

Vitamin D 0.6 mcg2%

Calcium 0 mg0%

Iron 0.6 mg4%

Potassium 280 mg6%

* 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.

HANDLING SUGGESTIONS

Keep Frozen

MORE INFORMATION

Website : www.highlinerfoodservice.com.

PREPARATION & COOKING SUGGESTIONS

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 5-7 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 18-20 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 23 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

INGREDIENTS

COD, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), WATER, WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, AUTOLYZED YEAST EXTRACT, NATURAL FLAVORS, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), DEHYDRATED GARLIC, WHEY, SPICES, DEXTROSE, YELLOW 5, YELLOW 6. CONTAINS: FISH (COD), WHEAT, MILK

Last Saved: 14 February 2024 | Printed: 02 May 2024

Powered by Syndigo LLC - syndigo.com

Page 1 of 2

High Liner Foods

630805 - 1/10 LB Pub Style Battered Cod Fillets, Kosher

High Liner Foods Pub Style Battered Cod Fillets offer your menu deliciously authentic pub fare without the pub. These wild caught, natural cut fillets are dipped in a classic seasoned English style batter, resulting in an irresistible blend of delicately crisp, moist and tender flaky fish with every bite. Whether deep fried or oven baked, each easily cooks from frozen to golden...



NUTRITIONAL ANALYSIS



Calories	200	Total Fat	10 g	Sodium	310 mg
Protein	14 g	Trans Fat	0 g	Calcium	0 mg
Total Carbohydrates	13 g	Saturated Fat	1.5 g	Iron	0.6 mg
Sugars	0 g	Added Sugars	0 g	Potassium	280 mg
Dietary Fiber	0 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	20 mg		
Vitamin A (IU)		Vitamin D	0.6 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS



KOSHER	YES
--------	-----

MORE IMAGES

