

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	54 x 3 OZ

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

Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / About 1 1/2 Fillet)

Amount Per Serving

Calories 200

% Daily Value*

Total Fat 10 g **12%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 20 mg **7%**

Sodium 310 mg **13%**

Total Carbohydrates 13 g **5%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 14 g

Vitamin D 0.6 mcg 2%

Calcium 0 mg 0%

Iron 0.6 mg 4%

Potassium 280 mg 6%

* 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.

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.

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

HANDLING SUGGESTIONS



Keep Frozen

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.

MORE INFORMATION



Website : www.highlinerfoodservice.com.

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
Protein	14 g
Total Carbohydrates	13 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	10 g
Trans Fat	0 g
Saturated Fat	1.5 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	20 mg
Vitamin D	0.6 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	310 mg
Calcium	0 mg
Iron	0.6 mg
Potassium	280 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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