

630805 - 10 Lb (4.54 kg) Pub Style Battered Cod Fillets, Koshe...

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



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.

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		US, CA		Yes	No
Shipping							
Length	Width	Height	Volume	TlxHI	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	
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
- Peanuts - N
- Eggs - N
- Tree - N
- Soybean - N
- Fish - C
- Wheat - C
- Shellfish - NI
- Sesame - N
- Crustaceans - N

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

High Liner Foods

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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.

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.

MORE INFORMATION

Website : [www.highlinerfoodservice.com](http://www.highlinerfoodservice.com).

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
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