

# High Liner Foodservice Signature, 4.54 kg / 10 lb, UPPER CRUST Potato Crusted Cod with Cheddar Cheese and Chives, approx. 142 - 173 g / 5 - 6 oz

WHY UPPER CRUST™ POTATO CRUSTED COD WITH CHEDDAR CHEESE AND CHIVES? Upper CrustTM Signature Potato Crusted Cod are natural cut fillets covered with a potato, cheddar cheese and chive seasoned breadcrumb. Easy to prepare; just bake and serve for a beautiful, premium plate presentation. Upper Crust™ Cod represents our gold standard in handmade appearance and authentic ingredients for an experience your guests will most certainly crave.

Product Last Saved Date: 04 June 2025



# FOODSERVICE™

# **Nutrition Facts**

Servings per container

Serving Size Per about 1 fillet (157 g)

# Amount Per Serving

160

Calories	100
	% Daily Value*
Total Fat 3 g	4%
Saturated Fat 0.4 g	2%
Trans Fat 0 g	
Cholesterol 55 mg	%
Sodium 710 mg	31%
Total Carbohydrates 12 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 21 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 0.75 mg	4%
Potassium 450 mg	10%

Product Specifications :					
Code GTIN		Type Of Catch			
12300209	10061763002097				

Brand	GPC Description	
High Liner Foodservice Signature	Fish - Prepared/Processed (Frozen)	

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.885 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
37.3 CMT	27.5 CMT	14.8 CMT	0.015 MTQ	11x11	547 Days	

## Ingredients:

Cod, Water, Modified corn starch, Toasted wheat crumbs, Potatoes, Canola oil, Flour (corn, wheat), Seasonings (disodium inosinate, disodium guanylate, yeast extract, chives, garlic, onion, torula yeast, spices), Salt, Sodium phosphate (to retain moisture), Flavour, Cheddar cheese, Sugars (dextrose), Mono- and diglycerides, Milk ingredients. Contains: Cod (fish), Wheat, Barley, Milk.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):					
Eggs - NI	Milk - NI	Soy - NI			
Fish - NI	Wheat - NI	TreeNuts - NI			
Peanuts - NI	Crustacean - NI	Sesame - NI			

## Prep & Cooking Suggestions:

nutrition advice.

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FORCED AIR CONVECTION OVEN: Place single layer of frozen fish fillets on a lightly greased shallow baking pan in preheated 325°F/160°C oven for 17-19 min or until done. OVEN: Place single layer of frozen fish fillets on shallow baking pan in preheated 375°F / 190°C oven for 28-30 min or until done. NOTE: Cook to an internal temperature of 158°F (70°C).

## Serving Suggestions:

UpperCrust® means versatility as an entrée, on a sandwich or in fish baskets. These Cod Fillets pair well with a variety of sides, traditional cocktail sauces or your own complementary creation.

## Species / Scientific Name:

#### **Claims & Child Nutrition:**

BAP Certified:

MSC Certified: Yes
Has CN Statement: No

CN Statement:







Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

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