

# High Liner Foodservice Signature, 4.54 kg / 10 lb, UPPER CRUST Potato Crusted Cod with Cheddar Cheese and Chives, 140 - 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: 31 August 2026

HIGH LINER FOODSERVICE™

## Nutrition Facts

Servings per container

**Serving Size Per about 1 fillet (157 g)**

| Amount Per Serving | |
|---|---|
| **Calories** | **160** |
| | **% Daily Value*** |
| **Total Fat** 3 g | **4%** |
| Saturated Fat 0.4 g | **2%** |
| *Trans* Fat 0 g | |
| **Cholesterol** 55 mg | **%** |
| **Sodium** 700 mg | **30%** |
| **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 | 13% |

* 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 | GTIN | Type Of Catch |
|---|---|---|
| 12300209 | 10061763002097 | |

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

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|---|---|---|---|---|
| 4.907 KGM | | | Undeclared | |

**Shipping Information**

| Length | Width | Height | Volume | TIxHI | Shelf Life | Storage Temp From/To |
|---|---|---|---|---|---|---|
| 38.1 CMT | 24.13 CMT | 17.78 CMT | 0.016 MTQ | 13x10 | 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' INII='Intentionally nor Inherently Included'):**

| | | |
|---|---|---|
| Eggs - NI | Milk - NI | Soy - NI |
| Fish - NI | Wheat - NI | TreeNuts - NI |
| Peanuts - NI | Crustacean - NI | Sesame - NI |

## Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. 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. 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. NOTE: Since appliances vary, these instructions are guidelines only. Cook to a minimum internal temperature of 158°F (70°C).

## Species / Scientific Name:

## 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.

## Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:





