

10 Lb (4.54 kg) Crunchy Raw Breaded Formed Cod Portions 4 oz

High Liner Foodservice Crunchy Breaded Cod Portions are specially shaped portions of quality Pacific Cod that offers a superb value. These tender wild caught portions are carefully coated in a specially seasoned breading that cooks to an extra crunchy bite, preserving Cod's moist, flaky texture and mild flavor inside. Preparation is quick and easy – simply fry from frozen and serve.

Product Last Saved Date: 20 October 2025



Nutrition Facts

40 Servings per container

1 Portion (112g)

Amount Per Serving

Serving Size

Calories	170
	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 25 mg	8%
Sodium 600 mg	26%
Total Carbohydrates 25 g	9%
Dietary Fiber 1 g	3%
Total Sugars 0 g	
Includes 0 g Added Sugars	0 %
Protein 13 g	
Vitamin D 0.5 mcg	2%
Calcium 0 mg	0%
Iron 1 mg	6%
Potassium 280 mg	6%

Product Specifications :			
Code	GTIN	Type Of Catch	
1029653	10035493296538	WILD	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.0 LBR	10.0 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	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

Ingredients:

COD, WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT FLOUR, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF; SALT, YEAST, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EXPELLER PRESSED CANOLA OIL, SUGAR, NATURAL FLAVORS, NONFAT MILK, GUAR GUM, EGGS, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (COD), WHEAT, MILK, EGGS

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - C	Milk - C	Soy - 30		
Fish - C	Wheat - C	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 4-6 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

Serving Suggestions:

nutrition advice.

Ideal as a center of the plate entrée with fresh veggies, as a crispy fish sandwich or fish basket. Pairs well with a variety of complementary sauces.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page 1 of 1

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