



High Liner Foodservice Signature, 2.27 kg / 5 lb, Breaded Cod Nuggets, approx. 32 g / 1 oz

High Liner Foodservice Signature Breaded Cod Nuggets feature tender, mild-tasting fish, specially coated in a light crispy breading. The result is the ideal combination of moist, flaky wild caught Cod with a pleasingly crispy crunch. Nuggets are individually quick frozen for freshness and convenience, and easily fry to golden perfection in minutes. These delicious nuggets are the ideal menu option for families.

Product Last Saved Date: 24 June 2024



HIGH LINER
FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per 3 nuggets (96 g)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 7 g **9%**

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

Cholesterol 25 mg **%**

Sodium 350 mg **15%**

Total Carbohydrates 15 g **%**

Dietary Fiber 1 g **4%**

Total Sugars 0 g

Includes Added Sugars **%**

Protein 11 g

Vitamin D **%**

Calcium 10 mg **1%**

Iron 1.25 mg **7%**

Potassium 200 mg **4%**

* 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 |
|---------|----------------|---------------|
| 1026136 | 00059111261367 | |

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

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 2.5 KGM | | | Undeclared | No |

| Shipping Information | | | | | | |
|----------------------|----------|----------|------------|-------|------------|----------------------|
| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
| 32.2 CMT | 22.3 CMT | 10.5 CMT | 0.0075 MTQ | 16x8 | 540 Days | -25 CEL / -18 CEL |

Ingredients :

Cod, Toasted wheat crumbs, Water, Vegetable oil (canola / sunflower), Flour (corn, wheat), Salt, Sodium phosphate (to retain moisture), Sugars (dextrose), Guar flour, Milk ingredients, Dried Whole Egg, Spices. Contains: Cod (fish), Wheat, Milk, Eggs.

| 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:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. DEEP FRY: IMMERS FROZEN NUGGETS IN PREHEATED 350°F/180°C OIL FOR ABOUT 7-8 MIN OR UNTIL GOLDEN BROWN. OVEN: PLACE SINGLE LAYER OF FROZEN NUGGETS ON SHALLOW BAKING PAN IN PREHEATED 375°F/190°C OVEN FOR ABOUT 22-26 MIN. TURN ONCE DURING COOKING. FORCED AIR CONVECTION OVEN: PLACE SINGLE LAYER OF FROZEN NUGGETS ON SHALLOW BAKING PAN IN PREHEATED 325°F/165°C OVEN FOR ABOUT 17-18 MIN.

Serving Suggestions:

Ideal served with traditional or signature sauces, Cod Nuggets make a delicious, easy-to-serve appetizer with numerous centre-of-the-plate options. Also an excellent addition to seafood platters, takeout and kids menus. Serve in theme and casual restaurants, family dining, bar operations, schools, snack bars, cafeterias and catering applications.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:
MSC Certified: Yes
Has CN Statement: No
CN Statement:

