

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: 31 August 2026

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	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
32.2 CMT	22.3 CMT	10.5 CMT	0.0075 MTQ	16x8	540 Days	

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' 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. DEEP FRY: IMMERSE 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:





