

1/10 Lb Crunchy Raw Breaded Formed Cod Portions 5 oz, MSC

High Liner Foodservice Crunchy Breaded Cod Portions combine great value with a natural appearance and superior plate consistency. These tender, wild caught Cod portions are coated in a signature seasoned breading that cooks to an extra crunchy bite with all the moist, flaky texture and mild flavor of this species preserved inside. Preparation is easy – simply fry from frozen and serve.

Product Last Saved Date: 01 November 2024



HIGH LINER
FOODSERVICE™



Nutrition Facts

32 Servings per container

Serving Size 5 oz (140g/About 1 Tail)

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 1 g 1%

Saturated Fat 0 g %

Trans Fat 0 g

Cholesterol 35 mg 12%

Sodium 500 mg 22%

Total Carbohydrates 23 g 8%

Dietary Fiber 1 g 2%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 18 g

Vitamin D 0.8 mcg 4%

Calcium 0 mg 0%

Iron 0.8 mg 4%

Potassium 390 mg 8%

* 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
1029632	10035493296323	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

Ingredients :

COD, WATER, BLEACHED WHEAT FLOUR, WHEAT FLOUR, YELLOW CORN FLOUR, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEXTROSE, SALT, SPICES, WHITE CORN FLOUR, ONION POWDER, YEAST, GARLIC POWDER, SUGAR, EGGS, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), TORULA YEAST, NONFAT MILK, CHICKEN FLAVOR (CONTAINS HYDROLYZED CORN, SOY, WHEAT GLUTEN PROTEIN, AUTOLYZED YEAST EXTRACT, DEHYDRATED CHICKEN BROTH, CHICKEN FAT, THIAMINE HYDROCHLORIDE, CORN SYRUP SOLIDS), SOY FLOUR, SOYBEAN OIL, NATURAL FLAVORS, PAPRIKA EXTRACT (COLOR), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (COD), WHEAT, SOY, MILK, EGGS

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - C	Milk - C	Soy - C
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 4 - 4½ minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

Serving Suggestions:

Perfect as a center of the plate entrée, as a crispy fish sandwich, or atop a fresh salad. Pairs well with a variety of complementary sauces and sides.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:

