

1/10 LB Pier 17 Butter Crumb Cod Portions 5 oz, MSC

Fishery Product Pier 17 Butter Crumb Butter Crumb Cod Portions are lightly breaded with traditional butter crumb seasoned just right for a distinctively buttery rich crispness. This seals in the Cod's natural flavor and flaky texture with home-cooked character that's hard to resist. Each oven-ready fillet cooks from frozen to perfection in no time with superbly appetizing plate appeal.

Product Last Saved Date: 02 December 2024



HIGH LINER
FOODSERVICE™

Nutrition Facts

32 Servings per container

Serving Size 1 Portion (140g)

Amount Per Serving

Calories 380

% Daily Value*

Total Fat 29 g 37%

Saturated Fat 6 g 30%

Trans Fat 0 g

Cholesterol 50 mg 17%

Sodium 300 mg 13%

Total Carbohydrates 10 g 4%

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 19 g

Vitamin D 0.9 mcg 4%

Calcium 0 mg 0%

Iron 1 mg 6%

Potassium 430 mg 10%

* 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
02485	00074638024851	WILD

Brand	GPC Description
FPI	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, VEGETABLE OIL (CANOLA OIL AND SOYBEAN OIL), BLEACHED WHEAT FLOUR, BUTTER (PASTEURIZED CREAM, SALT), CONTAINS 2% OR LESS OF: SALT, LACTIC ACID, SUGAR, SPICES, CHEDDAR CHEESE (MILK, CULTURES, SALT, ENZYMES), YELLOW CORN FLOUR, YEAST, UNSALTED BUTTER (PASTEURIZED CREAM, NATURAL FLAVOR), NATURAL FLAVORS, ONION POWDER, EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), BETA CAROTENE (COLOR). CONTAINS: FISH (COD), WHEAT, MILK

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake portions for 12-14 minutes. CONVENTIONAL OVEN: Preheat oven to 450°F and bake portions for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Perfect as a traditional Mom & Pop style lunch or dinner entree. Pairs well with fresh veggies or fries, and a variety of traditional or signature sauces.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

Claims & Child Nutrition:

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



Information subject to change without notice at the discretion of High Liner Foods (USA)
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