

10 Lb (4.54 kg) Crunchy Breaded Cod Square 4 oz

You'll discover great value in High Liner Foodservice Crunchy Breaded Cod Portions. These tender, wild caught Cod portions are coated in specially seasoned breading that preserves all the moist, flaky texture and flavor of this species. Each fries from frozen to perfection in no time with the consistency and plate appeal you demand for a variety of applications.

Product Last Saved Date: 01 October 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

40 Servings per container

Serving Size **1 Square (112g)**

Amount Per Serving

Calories **170**

	% Daily Value*
Total Fat 1 g	**1%**
Saturated Fat 0 g	**0%**
Trans Fat 0 g	
Cholesterol 30 mg	**10%**
Sodium 410 mg	**18%**
Total Carbohydrates 26 g	**10%**
Dietary Fiber 0 g	**0%**
Total Sugars 1 g	
Includes 1 g Added Sugars	**1%**
Protein 14 g	
Vitamin D 0.4 mcg	2%
Calcium 0 mg	0%
Iron 0.9 mg	6%
Potassium 250 mg	6%

* 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
10020662	00079149206628	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	

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	540 Days	-10 FAH / 0 FAH

Ingredients :

COD, BLEACHED WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, NATURAL FLAVORS, MALTODEXTRIN, CANOLA OIL, SALT, SPICES, WHITE CORN FLOUR, GARLIC POWDER, SUGAR, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), YEAST, ONION POWDER, PAPRIKA EXTRACT (COLOR). CONTAINS: FISH (COD), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for about 3 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

Serving Suggestions:

Ideal for fish sandwiches, as an appetizing center of the plate entrée or fish basket. Pairs extremely well with a variety of sides, traditional seafood sauces, or your own complementary sauce recipe.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:







