

630780 - 1/10 lb Crunchy Raw Breaded Formed Cod Portions 3 oz

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 an...



MARKETING



Nutrition Facts

53 Servings per container

Serving Size About 1 Portion (84g)

Amount Per Serving

Calories **120**

% Daily Value*

Total Fat 1 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 20 mg **7%**

Sodium 450 mg **20%**

Total Carbohydrates 17 g **6%**

Dietary Fiber 1 g **2%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 9 g

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 0.7 mg 4%

Potassium 180 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	Dist Prod Code	GTIN	Calculated Pack
1029649	630780	10035493296491	53 x 3 OZ

Brand	Brand Owner	GPC Description
High Liner Foodservice	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11 LBR	10 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	547 Days	-10 FAH / 0 FAH

HANDLING SUGGESTIONS



Keep Frozen

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.

PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 4-6 minutes. **NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.**

INGREDIENTS



COD, WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT FLOUR, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: SALT, YEAST, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), GUAR GUM, SUGAR, EGGS, NONFAT MILK, EXPELLER PRESSED CANOLA OIL, NATURAL FLAVORS, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (COD), WHEAT, MILK, EGGS

ALLERGENS



C = 'Contains'; **MC** = 'May Contain'; **N** = 'Free From'; **UN** = 'Undeclared'; **30** = 'Free From Not Tested'; **50** = 'Derived from Ingredients'; **60** = 'Not Derived From Ingredients'; **NI** = 'No Info'

- Milk - C
- Eggs - C
- Soybean - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree - N
- Fish - C
- Shellfish - NI
- Crustaceans - N

MORE INFORMATION



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NUTRITIONAL ANALYSIS



Calories	120
Protein	9 g
Total Carbohydrates	17 g
Sugars	0 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	1 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	20 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	450 mg
Calcium	0 mg
Iron	0.7 mg
Potassium	180 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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