

# 10 Lb (4.54 kg) Pub Battered Cod Fillets, New England Style, Approx. 3 oz

Our perfectly battered portions combine moist, flaky fish with delicious batter, perfect for fish and chips. A variety of shapes and deep fry or oven ready preparations to choose from make these products highly versatile.

Product Last Saved Date: 20 October 2025



## Nutrition Facts

53 Servings per container

**Serving Size** 84g/About 1 Fillet

Amount Per Serving

**Calories** 150

% Daily Value\*

**Total Fat** 7 g 9%

Saturated Fat 0.5 g 3%

Trans Fat 0 g

**Cholesterol** 30 mg 9%

**Sodium** 190 mg 8%

**Total Carbohydrates** 9 g 3%

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

**Protein** 10 g

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 0.6 mg 4%

Potassium 150 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
10026564	10073538265644	WILD

Brand	GPC Description
High Liner Foods	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	547 Days	-10 FAH / 0 FAH

### Ingredients :

COD, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, ONION POWDER, SALT, SPICE, AUTOLYZED YEAST EXTRACT, GARLIC POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR (MALTODEXTRIN, INACTIVE YEAST, NATURAL AND ARTIFICIAL FLAVOR), YELLOW 5, YELLOW 6. 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 5-7 minutes. CONVECTION OVEN: Preheat oven to 425°F and bake for 18-20 minutes. CONVENTIONAL OVEN: Preheat oven to 450°F for about 23 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Pacific Cod - Gadus macrocephalus, Atlantic Cod - Gadus morhua

### Serving Suggestions:

Entrée

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

