



## High Liner Foodservice Signature, 4.54 kg / 10 lb, DIP'T & DUSTED, Sriracha Breaded Cod Strips, approx 57 g / 2 oz

High Liner Foodservice Signature Dip't & Dusted™ Sriracha Breaded Cod Strips deliver a delicious “wow” factor of spicy flavours that will definitely wake up the senses. Each portion is lightly breaded with a combination of peppery Southern Style and authentic blends of cayenne pepper, vinegar, garlic and chili with subtle sweet notes. This results in a pleasantly spicy, crispy crunch that perfectly complements the mild, slightly sweet wild caught Cod. These zesty, Cod Strips come fully prepared with a true 'back of the house' appearance.

Product Last Saved Date: 04 June 2025



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

Servings per container

**Serving Size Per about 2 strips (109 g)**

Amount Per Serving

**Calories 190**

% Daily Value\*

**Total Fat 7 g 9%**

Saturated Fat 0.5 g 3%

Trans Fat 0 g

**Cholesterol 30 mg %**

**Sodium 410 mg 18%**

**Total Carbohydrates 20 g %**

Dietary Fiber 1 g 4%

Total Sugars 3 g

Includes Added Sugars %

**Protein 13 g**

Vitamin D %

Calcium 20 mg 2%

Iron 1.25 mg 7%

Potassium 250 mg 7%

\* 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
9130	10061763091305	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.854 KGM			Undeclared	

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.6 CMT	24.6 CMT	15 CMT	0.014 MTQ	13x11	540 Days	

### Ingredients :

Cod, Flour (wheat, corn), Toasted wheat crumbs, Water, Canola oil, Modified corn starch, Sugars (sugar, maltodextrin), Seasonings (garlic, chili, capsicum, cayenne pepper sauce), Salt, Vinegar, Baking powder, Paprika, Guar flour, Natural flavour. Contains: Cod (fish), Wheat.

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

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

### Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. DEEP FRY: Immerse the frozen strips in preheated 350°F (180°C) oil for 4 ½ to 5 min or until done. For best results, do not overfill fryer basket and do not overcook. Drain on paper towel and serve. CONVECTION OVEN: Preheat oven to 400°F (200°C). Place frozen strips on a lightly oiled shallow baking pan. Bake for 12 min. Turn halfway. Let stand for 2 – 3 min before serving. CONVENTIONAL OVEN: Preheat oven to 450°F (230°C). Place frozen strips on a lightly oiled shallow baking pan. Bake for 18 min. Turn after 10 min. Let stand for 2 – 3 min before serving. NOTE: Since appliances vary, these instructions are guidelines only. Cook to an internal temperature of 158°F (70°C).

### Serving Suggestions:

Dip't & Dusted™ Sriracha Breaded Cod Strips add a uniquely delicious kick to entrée items, salads, sandwiches, or fish tacos with twist applications.

### Species / Scientific Name:

### Claims & Child Nutrition:

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

