

10 Lb (4.54 kg) UpperCrust Summer Herb Crusted Cod with Roasted Garlic and Lemon, Cut from Fillets, MSC

High Liner Foodservice UpperCrust® Summer Herb Cod Fillets add a touch of summer chive to this premium UpperCrust® breading. Each fillet combines the best of deliciously moist, flaky wild caught Pacific Cod and flavor-packed crunchy crust. This deliciously crispy UpperCrust® Cod is the gold standard in handmade appearance and authentic ingredients for an experience your guests will most certainly crave.

Product Last Saved Date: 01 October 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / about 3/4 piece)

Amount Per Serving	
Calories	**120**
	% Daily Value*
Total Fat 2.5 g	**3%**
Saturated Fat 0 g	**0%**
Trans Fat 0 g	
Cholesterol 40 mg	**13%**
Sodium 510 mg	**22%**
Total Carbohydrates 8 g	**3%**
Dietary Fiber 0 g	**0%**
Total Sugars 0 g	
Includes 1 g Added Sugars	**0%**
Protein 15 g	
Vitamin D 0.6 mcg	4%
Calcium 20 mg	2%
Iron 0.7 mg	4%
Potassium 300 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
1029746	10035493297467	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.819 LBR	10 LBR	N/A	Undeclared	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15 INH	9.5 INH	7 INH	0.577 FTQ	13x6	547 Days	-10 FAH / 0 FAH

Ingredients :

COD, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF THE FOLLOWING: MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), SALT, BASIL, DISODIUM INOSINATE AND DISODIUM GUANYLATE, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), SUGAR, YELLOW CORN FLOUR, WHITE CORN FLOUR, GARLIC POWDER, ONION POWDER, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), VINEGAR, SPICES, DRIED CHIVES, MALTED BARLEY FLOUR, YEAST, DEXTROSE, PARSLEY, SOY FLOUR, LEMON EXTRACT, AUTOLYZED YEAST EXTRACT, DRIED GARLIC, TORULA YEAST, SEA SALT, NATURAL FLAVORS, OLIVE OIL. CONTAINS: COD (FISH), WHEAT, SOY

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen crusted fillets on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 325°F and bake for 14-17 minutes. CONVENTIONAL OVEN: Preheat oven to 375°F and bake for 34-36 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

Species / Scientific Name:

Pacific Cod - Gadus macrocephalus, Atlantic Cod - Gadus morhua

Serving Suggestions:

UpperCrust® makes this a superb center of the plate star, as well as sandwiches and fish baskets. Pairs well with a variety of sides, traditional cocktail sauces or your own complementary creation.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:


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