

High Liner Foodservice Signature, 4.54 kg / 10 lb, Upper Crust Potato Crusted Blue Cod

UpperCrust® Potato Crusted Blue Cod Fillets combine the best of deliciously moist, flaky wild caught Blue cod with a flavor-packed crunchy crust. These deliciously crispy UpperCrust® fillets represent the gold standard in handmade appearance and authentic ingredients for an experience your guests will most certainly crave.

Product Last Saved Date: 02 November 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (100 g)

Amount Per Serving

Calories **110**

	% Daily Value*
Total Fat 2.5 g	**3%**
Saturated Fat 0.4 g	**2%**
Trans Fat 0 g	
Cholesterol 50 mg	**%**
Sodium 360 mg	**16%**
Total Carbohydrates 8 g	**%**
Dietary Fiber 0 g	**0%**
Total Sugars 0 g	
Includes Added Sugars	**%**
Protein 15 g	

Vitamin D	%
Calcium 40 mg	3%
Iron 0.5 mg	3%
Potassium 225 mg	5%

* 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
12300239	10061763002394	

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

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

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
39.87 CMT	19.55 CMT	21.32 CMT	0.017 MTQ	15x8	547 Days	

Ingredients :

Blue cod, Water, Modified corn starch, Toasted wheat crumbs, Potatoes, Canola oil, Flour (corn, wheat), Seasonings (disodium inosinate, disodium guanylate, yeast extract, garlic, onion, torula yeast, chives, spices), Salt, Sodium phosphate (to retain moisture), Flavour, Cheddar cheese, Sugars (dextrose), Milk ingredients. Contains: Blue cod (fish), Wheat, Barley, Milk.

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:

COOK FROM FROZEN until a minimum internal temperature of 158°F (70°C) is reached. CONVECTION OVEN: Place fillets in a single layer on a lightly greased baking pan. Bake in a preheated 350°F (180°C) oven for 15-17 min.

Species / Scientific Name:

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:





