



1/10 LB Crunchy Breaded Cod Tails, 5 oz

High Liner Foodservice Breaded Cod Tails are premium wild caught Cod breaded to fit a variety of taste preferences. The breading is pleasingly crispy while preserving the natural flakiness and flavor of the species. Each ready-to-cook tail cooks to perfection in minutes with exceptional consistency and truly appetizing plate appeal.

Product Last Saved Date: 01 November 2024



HIGH LINER
FOODSERVICE™

Nutrition Facts

32 Servings per container

Serving Size 5 oz (140g/About 1 Portion)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 1.5 g **2%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 35 mg **12%**

Sodium 700 mg **30%**

Total Carbohydrates 28 g **10%**

Dietary Fiber 1 g **3%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

Protein 16 g

Vitamin D 0.5 mcg **2%**

Calcium 0 mg **0%**

Iron 1.2 mg **6%**

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
1029308	10035493293087	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.0 LBR	10.0 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.6969 INH	7.6969 INH	8.3937 INH	0.5869 FTQ	15x5	547 Days	-10 FAH / 0 FAH

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, EXPELLER PRESSED CANOLA OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), YEAST, SUGAR, GUAR GUM, NONFAT MILK, EGGS, NATURAL FLAVORS, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (COD), WHEAT, MILK, EGGS

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 5-7 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

Serving Suggestions:

Perfect as a center of the plate entrée, on a specialty fish sandwich, or for fish baskets. Pairs well with a variety of sides, traditional seafood sauces or your own complementary sauce recipe.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

