



10 Lb (4.54 kg) 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: 09 January 2026



HIGH LINER
FOODSERVICE™

Nutrition Facts

32 Servings per container

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

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 770 mg **33%**

Total Carbohydrates 18 g **7%**

Dietary Fiber 1 g **4%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

Protein 16 g

Vitamin D 0.5 mcg **2%**

Calcium 20 mg **2%**

Iron 1.5 mg **8%**

Potassium 290 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
10.913 LBR	10 LBR	N/A	Undeclared	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.697 INH	7.394 INH	9.697 INH	0.651 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 LESS THAN 2% OF THE FOLLOWING: SALT, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SUGAR, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), NONFAT MILK, EGGS, GUAR GUM, NATURAL FLAVORS, EXPELLER PRESSED CANOLA OIL, YEAST. CONTAINS: COD (FISH), WHEAT, MILK, EGGS

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

Eggs - C	Milk - C	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. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°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:

