

High Liner Foods

630808 - 1/10 LB Battered Cod Fillets Approx. 8 oz

It doesn't get any bigger or better than High Liner Foods Big Bob's® Battered Cod Fillets. These larger-than-life wild caught portions are dipped in comfort food quality, specially seasoned batter for the ultimate “wow” factor in flavor, plate coverage, consistency, and appeal. Incredibly simple to prepare, each ready-to-cook fillet easily fries or bakes to golden perfection to...



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
10023827	630808	00079149238278	1/10 LB

Brand	Brand Owner	GPC Description
High Liner Foods	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11.0 LBR	10.0 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N

Eggs - N

Soy - N

Wheat - C

Sesame - N
- Peanuts - N

Tree Nuts - N

Fish - C

Shellfish - NI

HANDLING SUGGESTIONS

Keep Frozen

MORE INFORMATION

SERVING SUGGESTIONS

Big Bob's®Battered Cod Fillets make the perfect hearty appetite-pleasing entrée. They make a “wow” specialty sandwich, sizable fish taco, and even add depth to salads. These fillets pair well with a variety of complementary sauces and sides.

PREPARATION & COOKING SUGGESTIONS

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 7-9 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 18-22 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 25-27 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Nutrition Facts

20 Servings per container
Serving SizeAbout 1 Fillet

Amount Per Serving
Calories410

% Daily Value*	
Total Fat 19 g	25%
Saturated Fat 3 g	15%
Trans Fat 0 g	
Cholesterol 75 mg	25%
Sodium 580 mg	25%
Total Carbohydrates 29 g	11%
Dietary Fiber 1 g	3%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 28 g	
Vitamin D 0.8 mcg	4%
Calcium 0 mg	0%
Iron 1.7 mg	10%
Potassium 410 mg	8%

* 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.

INGREDIENTS

COD, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, ONION POWDER, SALT, SPICE, YEAST EXTRACT, GARLIC POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR (MALTODEXTRIN, INACTIVE YEAST, NATURAL AND ARTIFICIAL FLAVOR), YELLOW 5, YELLOW 6. CONTAINS: FISH (COD), WHEAT

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NUTRITIONAL ANALYSIS



Calories	410
Protein	28 g
Total Carbohydrates	29 g
Sugars	0 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	19 g
Trans Fat	0 g
Saturated Fat	3 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	75 mg
Vitamin D	0.8 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	580 mg
Calcium	0 mg
Iron	1.7 mg
Potassium	410 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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