

10 Lb (4.54 kg) UpperCrust Potato Crusted Cod with Chives and Cheddar Cheese

High Liner Foodservice UpperCrust® Potato Cod Fillets combine the best of deliciously moist, flaky wild caught Pacific Cod coated 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: 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 500 mg	**22%**
Total Carbohydrates 9 g	**3%**
Dietary Fiber 0 g	**0%**
Total Sugars 0 g	
Includes 0 g Added Sugars	**0%**
Protein 15 g	
Vitamin D 0.6 mcg	4%
Calcium 20 mg	2%
Iron 0.5 mg	2%
Potassium 330 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.

Product Specifications :

Code	GTIN	Type Of Catch
1029736	10035493297368	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, MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF THE FOLLOWING: VEGETABLE OIL (CANOLA OIL, SUNFLOWER OIL, AND/OR SOYBEAN OIL), DEHYDRATED POTATOES, POTATO STICKS (DEHYDRATED POTATOES, CANOLA OIL, SALT), SALT, YELLOW CORN FLOUR, WHITE CORN FLOUR, POTATOES, DISODIUM GUANYLATE, DISODIUM INOSINATE, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), CHEDDAR CHEESE (MILK, SALT, CULTURES, ENZYMES), AUTOLYZED YEAST EXTRACT, VINEGAR, GARLIC POWDER, ONION POWDER, TORULA YEAST, NATURAL FLAVORS, YEAST, MALTED BARLEY FLOUR, DEHYDRATED CHIVES, LEAVENING (SODIUM BICARBONATE), SEA SALT, BUTTERMILK POWDER, DEXTROSE. CONTAINS: COD (FISH), WHEAT, MILK

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet 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 155°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:

Has CN Statement: No

CN Statement:


PERISHABLE
KEEP FROZEN
MAINTAIN 0° OR COLDER
HIGH LINER FOODS





