

# 631270 - 1/10 LB Crunchy Breaded Cod Squares Min. 40 - 4 oz Po...

High Liner Foodservice Crunchy Breaded Cod Squares feature tender, wild caught Cod portions coated in a delicious signature seasoned breading. The result is a pleasantly crispy bite with all the moist, flaky texture of this species. Each fries from frozen to perfection in no time with excellent consistency and plate appeal for a variety of applications.



## MARKETING



## PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
1029505	631270	10035493295050	40 x 4 OZ

Brand	Brand Owner	GPC Description
High Liner Foodservice	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	Tlx/HL	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

## HANDLING SUGGESTIONS



Keep Frozen

## SERVING SUGGESTIONS



Perfect as a sandwich, but also as a center of the plate entrée, or portioned atop a fresh salad. Pairs well with your own complementary sauces and sides.

## PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 3-5 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

# Nutrition Facts

40 Servings per container

**Serving Size** 1 Portion (112g)

**Amount Per Serving**  
**Calories** 170

% Daily Value\*

**Total Fat** 1 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

**Cholesterol** 25 mg 8%

**Sodium** 430 mg 19%

**Total Carbohydrates** 28 g 10%

Dietary Fiber 0 g 0%

Total Sugars 1 g

Includes 1 g Added Sugars 1%

**Protein** 12 g

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 1 mg 6%

Potassium 220 mg 4%

\* 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, BLEACHED WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: WHITE CORN FLOUR, NATURAL FLAVOR, SUGAR, CANOLA OIL, SALT, SPICES, YEAST, GARLIC POWDER, ONION POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), PAPRIKA EXTRACT (COLOR), SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (COD), WHEAT

## 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 Peanuts - N

Eggs - N Tree - N

Soybean - N Fish - C

Wheat - C Shellfish - NI

Sesame - N Crustaceans - N

## MORE INFORMATION



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### NUTRITIONAL ANALYSIS



Calories	170
Protein	12 g
Total Carbohydrates	28 g
Sugars	1 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	1 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	25 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	430 mg
Calcium	0 mg
Iron	1 mg
Potassium	220 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

### NUTRITIONAL CLAIMS



### MORE IMAGES

