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



Nutrition Facts

40 Servings per container

Serving Size

1 Portion (112g)

Amount Per Serving Calories

170

8%

	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 a	

Trans Fat 0 g

Cholesterol 25 mg

 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

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	TIxHI	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



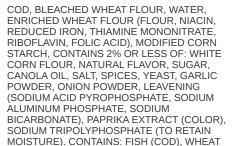
advice.

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.

PREPARATION & COOKING 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.

INGREDIENTS



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



Sesame - N

Prustaceans - N

MORE INFORMATION



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NUTRITIONAL ANALYSIS

$^{\prime}$		
- 1		
- 1	-	

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







