

630917 - 1/10 LB UpperCrust Summer Herb Crusted Cod with Roast...

High Liner Foodservice UpperCrust® Summer Herb Cod Fillets add a touch of summer chive to this premium UpperCrust® breading. Each fillet combines the best of deliciously moist, flaky wild caught Pacific Cod and flavor-packed crunchy crust. This deliciously crispy UpperCrust® Cod is the gold standard in handmade appearance and authentic ingredients for an experience your guests ...



MARKETING



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 510 mg	22%
Total Carbohydrates 8 g	3%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 15 g	
Vitamin D 1 mcg	6%
Calcium 16 mg	2%
Iron 1 mg	6%
Potassium 300 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		Dist Prod Code		GTIN		Calculated Pack	
1029746		630917		10035493297467		1 x 10#	
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
11.02 LBR	10 LBR	No		Canada		Undeclared	No
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
11.6969 INH	7.6969 INH	9.8937 INH	0.5155 FTQ	20x4	547 Days	-10 FAH / 0 FAH	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors	
TRACEABILITY_REGULATION		FSMA204	TRUE			N/A	

HANDLING SUGGESTIONS



Keep Frozen

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
- Soybean - C
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree - N
- Fish - C
- Shellfish - NI
- Crustaceans - N

INGREDIENTS



COD, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF THE FOLLOWING: MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), SALT, BASIL, DISODIUM INOSINATE AND DISODIUM GUANYLATE, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), SUGAR, YELLOW CORN FLOUR, WHITE CORN FLOUR, GARLIC POWDER, ONION POWDER, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), VINEGAR, SPICES, DRIED CHIVES, YEAST, MALTED BARLEY FLOUR, DEXTROSE, PARSLEY, SOY FLOUR, LEMON EXTRACT, AUTOLYZED YEAST EXTRACT, DRIED GARLIC, TORULA YEAST, SEA SALT, NATURAL FLAVORS, OLIVE OIL. CONTAINS: COD (FISH), WHEAT, SOY

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PREPARATION & COOKING SUGGESTIONS

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen crusted fillets on a lightly oiled baking 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.

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.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	120
Protein	15 g
Total Carbohydrates	8 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	2.5 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	40 mg
Vitamin D	1 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	510 mg
Calcium	16 mg
Iron	1 mg
Potassium	300 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

MORE IMAGES

