



1/10 LB Country Style Breaded Cod Portions 4.75 oz, Kosher

High Liner Foodservice Country Style Breaded Cod Portions have an authentic hand-breaded, homestyle appeal any guest will appreciate. Country Style breaded features a special blend of country herbs and spices that complement this premium wild caught Cod's extraordinary flavor and flaky texture. Each portion fries or bakes to perfection in minutes with superior plate consistency. A must for any menu.

Product Last Saved Date: 04 April 2025



Nutrition Facts

40 Servings per container
Serving Size 4 oz (112g/About 1 piece)

Amount Per Serving
Calories 240

	% Daily Value*
Total Fat 10 g	13%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 35 mg	12%
Sodium 590 mg	26%
Total Carbohydrates 22 g	8%
Dietary Fiber 0 g	0%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%

Protein 14 g	
Vitamin D 0.5 mcg	2%
Calcium 20 mg	2%
Iron 1.5 mg	8%
Potassium 270 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	GTIN	Type Of Catch
10001690	10073538016901	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	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

Ingredients :						
COD, ENRICHED BLEACHED WHEAT & MALT BARLEY FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: BLEACHED WHEAT FLOUR, WATER, SALT, SPICES, SUGAR, ONION POWDER, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MONOSODIUM GLUTAMATE, GARLIC, YEAST, NATURAL FLAVOR, LEMON JUICE CONCENTRATE, GARLIC POWDER, PAPRIKA EXTRACT (COLOR). CONTAINS: COD (FISH), WHEAT						

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 5½ - 6 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 9-11 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 12-14 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Country Style Breaded Portions are specially seasoned and sized making this the ideal center of the plate entrée, but also as a unique fish basket, fish sandwich, or further portioned atop a fresh salad. Pairs extremely well with traditional country style sides and a variety of complementary sauces.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

Claims & Child Nutrition:

BAP Certified:
MSC Certified:
Has CN Statement: No
CN Statement:

