

630785 - 1/10 LB Crunchy Raw Breaded Formed Cod Portions 4 oz

High Liner Foodservice Crunchy Breaded Cod Portions are specially shaped portions of quality Pacific Cod that offers a superb value. These tender wild caught portions are carefully coated in a specially seasoned breading that cooks to an extra crunchy bite, preserving Cod's moist, flaky texture and mild flavor inside. Preparation is quick and easy – simply fry from frozen and s...



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
1029653	630785	10035493296538	1/10 LB

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	TlxHl	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	547 Days	-10 FAH / 0 FAH

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 - C
- Peanuts - N
- Eggs - C
- Tree Nuts - N
- Soy - N
- Fish - C
- Wheat - C
- Shellfish - NI
- Sesame - N

SERVING SUGGESTIONS

Ideal as a center of the plate entrée with fresh veggies, as a crispy fish sandwich or fish basket. Pairs well with a variety of complementary sauces.

HANDLING SUGGESTIONS

Keep Frozen

PREPARATION & COOKING SUGGESTIONS

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 4-6 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

MORE INFORMATION

## Nutrition Facts

40 Servings per container

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

**Amount Per Serving**

**Calories** 170

**% Daily Value\***

<b>Total Fat</b> 1.5 g	<b>2%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 25 mg	<b>8%</b>
<b>Sodium</b> 600 mg	<b>26%</b>
<b>Total Carbohydrates</b> 25 g	<b>9%</b>
Dietary Fiber 1 g	<b>3%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 13 g	

Vitamin D 0.5 mcg 2%

Calcium 0 mg 0%

Iron 1 mg 6%

Potassium 280 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.

INGREDIENTS

COD, WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT FLOUR, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: SALT, YEAST, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EXPELLER PRESSED CANOLA OIL, SUGAR, NATURAL FLAVORS, NONFAT MILK, GUAR GUM, EGGS, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (COD), WHEAT, MILK, EGGS

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NUTRITIONAL ANALYSIS



Calories	170
Protein	13 g
Total Carbohydrates	25 g
Sugars	0 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	1.5 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	25 mg
Vitamin D	0.5 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	600 mg
Calcium	0 mg
Iron	1 mg
Potassium	280 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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