

630785 - 10 Lb (4.54 kg) Crunchy Raw Breaded Formed Cod Portio...

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

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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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.

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.

MORE INFORMATION

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

MORE IMAGES

