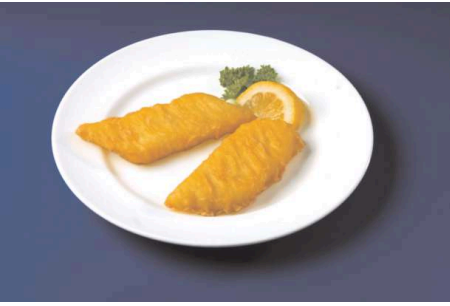


# 1/10 LB Battered Diamond Cut Cod Portions 3 oz, Kosher

High Liner Foodservice Battered Diamond Cuts' distinctive shape gives them truly unique plate appeal. It also makes this Cod highly versatile for a wide range of applications, and absolutely perfect for fish and chips. Each wild caught portion is dipped in a signature seasoned batter, and easily bakes or deep-fries from frozen to deliciously crunchy, flaky fish perfection, with excellent plate coverage. This Cod is a definite no-brainer for any seafood menu worth its salt.

Product Last Saved Date: 25 November 2024



## Nutrition Facts

53 Servings per container

Serving Size **1 Portion (84g)**

Amount Per Serving

**Calories 190**

% Daily Value\*

**Total Fat** 10 g **13%**

Saturated Fat 1 g **4%**

Trans Fat 0 g

**Cholesterol** 20 mg **6%**

**Sodium** 400 mg **17%**

**Total Carbohydrates** 16 g **6%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 9 g

Vitamin D 0 mcg **0%**

Calcium 0 mg **0%**

Iron 0.8 mg **4%**

Potassium 150 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 advice.

### Product Specifications :

Code	GTIN	Type Of Catch
10004222	10073538042221	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	547 Days	-10 FAH / 0 FAH

### Ingredients :

COD, WATER, CANOLA OIL, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, BLEACHED WHEAT FLOUR, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SPICES, SALT, IODIZED SALT, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE). CONTAINS: FISH (COD), 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: DEEP FRY: Deep fry frozen portions at 350°F for 3-3½ minutes. BAKE: Preheat oven to 425°F. Place frozen portions on crumpled aluminum foil and bake for about 20 minutes, turn once. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

### Serving Suggestions:

Battered Diamond Cuts are ideal as an entrée, sandwich or a uniquely styled fish basket. They pair well with a variety of complementary sides and 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: