

# 10 Lb (4.54 kg) 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 deepfies 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: 20 October 2025

# **Nutrition Facts**

53 Servings per container

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

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%

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	TIxHI	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:

 ${\tt COD, WATER, CANOLA\,OIL, ENRICHED\,WHEAT\,FLOUR\,(FLOUR, NIACIN, REDUCED\,IRON, THIAMINE\,MONONITRATE, RIBOFLAVIN, MATER, CANOLA\,OIL, CANOLA CONTRACTOR CONTRACTOR$ 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),

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - C	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

#### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: DEEP FRY: Deep fry frozen portions at 350°F for 3-31/2 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:









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page 1 of 1

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