

# 10 Lb (4.54 kg) New England Style Breaded Bake 'R Broil Cod Portion 5 oz

High Liner Foodservice Butter Crumb Cod Fillets are lightly breaded with a traditional butter crumb seasoned just right. The buttery rich, crispy breading seals in the Cod's natural mild flavor and flakiness with true home-cooked character. Each is ready to bake, broil or microwave to perfection in no time with plate consistency, coverage and appeal you demand.

Product Last Saved Date: 01 October 2026

HIGH LINER FOODSERVICE™

## Nutrition Facts

40 Servings per container

**Serving Size 4 oz (112g / about 3/4 piece)**

| Amount Per Serving | |
|---|---|
| **Calories** | **210** |
| | **% Daily Value*** |
| **Total Fat** 15 g | **19%** |
| Saturated Fat 5 g | **25%** |
| *Trans* Fat 0 g | |
| **Cholesterol** 45 mg | **15%** |
| **Sodium** 280 mg | **12%** |
| **Total Carbohydrates** 3 g | **1%** |
| Dietary Fiber 0 g | **0%** |
| Total Sugars 0 g | |
| Includes 0 g Added Sugars | **0%** |
| **Protein** 14 g | |
| Vitamin D 0.6 mcg | 4% |
| Calcium 10 mg | 0% |
| Iron 0.5 mg | 2% |
| 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.

## Product Specifications :

| Code | GTIN | Type Of Catch |
|---|---|---|
| 1029481 | 10035493294817 | 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 | Undeclared | |

**Shipping Information**

| Length | Width | Height | Volume | TIxHI | Shelf Life | Storage Temp From/To |
|---|---|---|---|---|---|---|
| 11.8125 INH | 7.8125 INH | 10.125 INH | 0.5407 FTQ | 20x4 | 540 Days | -10 FAH / 0 FAH |

## Ingredients :

COD, WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), PALM OIL, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (PASTEURIZED CREAM, SALT, NATURAL FLAVOR), CONTAINS LESS THAN 2% OF THE FOLLOWING: SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), SALT, CHEDDAR CHEESE (MILK, CULTURES, SALT, ENZYMES), DEXTROSE, BLUE CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURE, RENNET, PENICILLIUM ROQUEFORTII), YEAST, SUGAR, ONION POWDER, NONFAT MILK, YELLOW CORN FLOUR, NATURAL FLAVORS, SPICES, DISODIUM PHOSPHATE, PAPRIKA EXTRACT (COLOR), ANNATTO EXTRACT (COLOR), LACTIC ACID, CALCIUM PROPIONATE (PRESERVATIVE), SOY LECITHIN, BETA-CAROTENE (COLOR). CONTAINS: COD (FISH), WHEAT, SOY, MILK

**Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):**

| | | |
|---|---|---|
| Eggs - INII | Milk - C | Soy - C |
| Fish - C | Wheat - C | TreeNuts - INII |
| Peanuts - INII | Crustacean - INII | Sesame - INII |

## Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled baking pan, breaded side up. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 23-25 minutes, or until center of portion flakes easily. For added crispness broil during the last 4 minutes of cooking time. TO BROIL: Breaded side up for 12-15 minutes or until center of portion flakes easily. Keep about 8 inches below broiler to prevent crumb from burning. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

## Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

## Serving Suggestions:

Ideal as the center of the plate star attraction, as a premium quality sandwich, or to elevate fresh salads. Pairs well with a variety of sides, and the complementary sauce of your choosing.

## Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:





