

1/10 LB Battered Cod Wedges 5.33 oz, Kosher

High Liner Foodservice Battered Cod Wedges have the quality, flavor, consistency and plate appeal you need. Wild caught in the pristine waters of Iceland and frozen at sea for peak freshness, these just-right seasoned natural shaped wedges bake or deep fry to crispy perfection in no time, sealing in the tender, flakiness this premium Cod is known for.

Product Last Saved Date: 02 December 2024



HIGH LINER
FOODSERVICE™



Nutrition Facts

30 Servings per container

Serving Size 1 Portion (149g)

Amount Per Serving

Calories 310

% Daily Value*

Total Fat 13 g 17%

Saturated Fat 2 g **10%**

Trans Fat 0 g

Cholesterol 30 mg 11%

Sodium 870 mg 38%

Total Carbohydrates 32 g 12%

Dietary Fiber 1 g **3%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 15 g

Vitamin D 0.5 mcg 2%

Calcium 0 mg 0%

Iron 1.5 mg 8%

Potassium 260 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
10001888	10073538018882	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10.0 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	540 Days	-10 FAH / 0 FAH

Ingredients :

COD, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), YELLOW CORN FLOUR, MODIFIED CORN STARCH, BLEACHED WHEAT FLOUR, CONTAINS 2% OR LESS OF: SALT, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), IODIZED SALT, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SPICES. 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: TO DEEP FRY: Preheat fryer to 350°F and fry for 5-6 minutes. TO BAKE: Place frozen fillets on a lightly oiled baking pan. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 25-30 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

An easy fit for fish and chips, baskets, or for just about any center of the plate seafood entrée. Pairs well with a variety of complementary sides, traditional sauces or your own signature recipe.

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)
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