



10 Lb (4.54 kg) 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: 01 July 2025



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:

