

# 10 Lb (4.54 kg) Oven Ready Breaded Cod Rectangles, Made From Minced Fish, 3 oz

These Oven Ready Breaded Cod Rectangles are a great choice for sandwich applications in high-volume, fast-paced environments. Portioned from wild caught Cod, these delicious rectangles deliver quality protein, classic fish taste, and a specially seasoned crispy breading guests will find hard to resist. Each is ready to cook from frozen, and ready to please in minutes with excellent plate consistency and appeal.

Product Last Saved Date: 20 October 2025

# **Nutrition Facts**

53 Servings per container

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

### **Amount Per Serving** Calories

210

Calories	
	% Daily Value*
Total Fat 8 g	10%
Saturated Fat 1 g	6%
Trans Fat 0 g	
Cholesterol 20 mg	6%
Sodium 330 mg	14%
Total Carbohydrates 24 g	9%
Dietary Fiber 1 g	3%
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
Protein 11 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 1.5 mg	8%
Potassium 210 mg	4%

Product Specifications :					
Code GTIN		Type Of Catch			
10022642	00079149226428	WILD			

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

Gross Weight Net Weight		Country of Origin	Kosher	Gluten Free	ı
10.681 LBR	10 LBR	N/A	Undeclared	No	ı

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.697 INH	7.697 INH	8.394 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH

## Ingredients:

MINCED COD, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID),  ${\tt VEGETABLE~OIL~(CANOLA,~COTTONSEED,~AND/OR~SOYBEAN),~ENRICHED~YELLOW~CORN~FLOUR~(CORN~FLOUR,~NIACIN,~CORN~FLOUR,~CORN~FLOU$ REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CORN STARCH, CONTAINS 2% OR LESS OF SALT, NATURAL FLAVORS, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), YEAST, CELLULOSE GUM, EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR). CONTAINS: FISH (COD), WHEAT

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: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 20 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

# **Serving Suggestions:**

nutrition advice.

Perfect as a sandwich, but also as a center of the plate entrée, or portioned atop a fresh salad. Pairs well with your own complementary sauces and sides.

#### Species / Scientific Name:

Atlantic Cod - Gadus morhua

# **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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