



## 1/10 Lb 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: 02 December 2024

<b>Nutrition Facts</b>	
53 Servings per container	
<b>Serving Size</b>	<b>1 Rectangle (84g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 8 g	<b>10%</b>
Saturated Fat 1 g	<b>6%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 20 mg	<b>6%</b>
<b>Sodium</b> 330 mg	<b>14%</b>
<b>Total Carbohydrates</b> 24 g	<b>9%</b>
Dietary Fiber 1 g	<b>3%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 11 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 1.5 mg	8%
Potassium 210 mg	4%

\* 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.

<b>Product Specifications :</b>		
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
10.681 LBR	10 LBR	N/A	Undeclared	No

<b>Shipping Information</b>						
Length	Width	Height	Volume	TlxHI	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

<b>Ingredients :</b>
MINCED COD, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, 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

<b>Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):</b>		
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 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.

### Species / Scientific Name:

Atlantic Cod - Gadus morhua

### Serving Suggestions:

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.

### Claims & Child Nutrition:

BAP Certified:  
MSC Certified:  
Has CN Statement: No  
CN Statement:

