

# 1/10 lb Crunchy Raw Breaded Formed Cod Portions 3 oz

High Liner Foodservice Crunchy Breaded Cod Portions combine great value with a natural appearance and superior plate consistency. These tender, wild caught Cod portions are coated in a signature seasoned breading that cooks to an extra crunchy bite with all the moist, flaky texture and mild flavor of this species preserved inside. Preparation is easy – simply fry from frozen and serve.

Product Last Saved Date: 01 November 2024



**HIGH LINER**  
FOODSERVICE™



## Nutrition Facts

53 Servings per container

**Serving Size About 1 Portion (84g)**

Amount Per Serving

**Calories 120**

% Daily Value\*

**Total Fat 1 g 1%**

Saturated Fat 0 g 0%

Trans Fat 0 g

**Cholesterol 20 mg 7%**

**Sodium 450 mg 20%**

**Total Carbohydrates 17 g 6%**

Dietary Fiber 1 g 2%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

**Protein 9 g**

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 0.7 mg 4%

Potassium 180 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.

### Product Specifications :

Code	GTIN	Type Of Catch
1029649	10035493296491	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	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	547 Days	-10 FAH / 0 FAH

### Ingredients :

COD, WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT FLOUR, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: SALT, YEAST, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), GUAR GUM, SUGAR, EGGS, NONFAT MILK, EXPPELLER PRESSED CANOLA OIL, NATURAL FLAVORS, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (COD), WHEAT, MILK, EGGS

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - C	Milk - C	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 4-6 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

### Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

### Serving Suggestions:

Perfect as a center of the plate entrée, as a crispy fish sandwich, or atop a fresh salad. Pairs well with a variety of complementary sauces and sides.

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

