

1/10 LB Country Breaded Cod Portions 3.75 oz, Kosher

High Liner Foodservice Country Style Breaded Cod Portions have an authentic hand-breaded, homestyle look and taste every patron will appreciate. The specially seasoned breading is enhanced by a special blend of country herbs and spices to perfectly complement this premium wild caught Cod's mild flavor and moist, tender flaky texture. Whether baked or deep-fried, each portion quickly and easily cooks to golden crispy perfection, consistently delivering the exceptional plate coverage and appeal of a quality homestyle meal.

Product Last Saved Date: 02 December 2024



Nutrition Facts

40 Servings per container
Serving Size 4 oz (112g / About 1 Piece)

Amount Per Serving
Calories 240

| | % Daily Value* |
|---------------------------------|----------------|
| Total Fat 10 g | 13% |
| Saturated Fat 1.5 g | 8% |
| Trans Fat 0 g | |
| Cholesterol 35 mg | 12% |
| Sodium 600 mg | 26% |
| Total Carbohydrates 22 g | 8% |
| Dietary Fiber 0 g | 0% |
| Total Sugars 1 g | |
| Includes 0 g Added Sugars | 0% |
| Protein 15 g | |

| | |
|-------------------|----|
| Vitamin D 0.5 mcg | 2% |
| Calcium 20 mg | 2% |
| Iron 1.5 mg | 8% |
| Potassium 270 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 |
|----------|----------------|---------------|
| 10001688 | 10073538016888 | 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 | 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, ENRICHED BLEACHED WHEAT & MALT BARLEY FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, BLEACHED WHEAT FLOUR, CONTAINS LESS THAN 2% OF THE FOLLOWING: WATER, SALT, SPICES, SUGAR, ONION POWDER, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MONOSODIUM GLUTAMATE, GARLIC, YEAST, NATURAL FLAVOR, LEMON JUICE CONCENTRATE, GARLIC POWDER, PAPRIKA EXTRACT (COLOR). CONTAINS: COD (FISH), 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 4½ - 5 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 9-11 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 12-14 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Country Style Breaded Portions are specially seasoned and sized making this the ideal center of the plate entrée, but also as a unique fish basket, fish sandwich, or further portioned atop a fresh salad. Pairs extremely well with traditional country style sides and a variety of complementary sauces.

Species / Scientific Name:

Atlantic Cod - *Gadus morhua*, Pacific Cod - *Gadus macrocephalus*

Claims & Child Nutrition:

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

