



## 10 Lb (4.54 kg) 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: 01 July 2025

# Nutrition Facts

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

**Amount Per Serving**  
**Calories** **240**

	% Daily Value*
<b>Total Fat</b> 10 g	<b>13%</b>
Saturated Fat 1.5 g	<b>8%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 35 mg	<b>12%</b>
<b>Sodium</b> 600 mg	<b>26%</b>
<b>Total Carbohydrates</b> 22 g	<b>8%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 1 g	
Includes 0 g Added Sugars	<b>0%</b>

<b>Protein</b> 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:

