

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 October 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

42 Servings per container

Serving Size 1 Piece (105g / 3.75 oz)

Amount Per Serving	
Calories	**220**
	% Daily Value*
Total Fat 9 g	**12%**
Saturated Fat 1.5 g	**8%**
Trans Fat 0 g	
Cholesterol 30 mg	**10%**
Sodium 570 mg	**25%**
Total Carbohydrates 21 g	**8%**
Dietary Fiber 1 g	**4%**
Total Sugars 1 g	
Includes 0 g Added Sugars	**0%**
Protein 14 g	
Vitamin D 0 mcg	0%
Calcium 17 mg	2%
Iron 2 mg	10%
Potassium 249 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	

Shipping Information

Length	Width	Height	Volume	TIxHI	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 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, MONOSODIUM GLUTAMATE, SUGAR, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SPICES, ONION POWDER, GARLIC POWDER, YEAST EXTRACT, MALTODEXTRIN, CORN SYRUP SOLIDS, NATURAL FLAVORS, LEMON JUICE POWDER, YEAST, PAPRIKA EXTRACT (COLOR). CONTAINS: COD (FISH), WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - C	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

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 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

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.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:


PERISHABLE
KEEP FROZEN


