

630916 - 10 Lb (4.54 kg) UpperCrust Potato Crusted Cod with Ch...

High Liner Foodservice UpperCrust® Potato Cod Fillets combine the best of deliciously moist, flaky wild caught Pacific Cod coated with a flavor-packed crunchy crust. These deliciously crispy UpperCrust® fillets represent the gold standard in handmade appearance and authentic ingredients for an experience your guests will most certainly crave.



MARKETING



PRODUCT SPECIFICATIONS



Code		Dist Prod Code		GTIN		Calculated Pack	
1029736		630916		10035493297368		1 x 10#	
Brand			Brand Owner		GPC Description		
High Liner Foodservice			High Liner Foods Inc.		Fish - Prepared/Processed (Frozen)		
Gross Weight	Net Weight	Case/Catch Weight		Country Of Origin		Kosher	Child Nutrition
10.58 LBR	10 LBR	No		Canada		Undeclared	No
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
11.697 INH	7.697 INH	9.894 INH	0.5150 FTQ	20x4	547 Days	-10 FAH / 0 FAH	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors	
TRACEABILITY_REGULATION		FSMA204	TRUE			N/A	

HANDLING SUGGESTIONS



Keep Frozen

ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Peanuts - N
- Eggs - N
- Tree - N
- Soybean - N
- Fish - C
- Wheat - C
- Shellfish - NI
- Sesame - N
- Crustaceans - N

INGREDIENTS



COD, WATER, MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF THE FOLLOWING: VEGETABLE OIL (CANOLA OIL, SUNFLOWER OIL, AND/OR SOYBEAN OIL), DEHYDRATED POTATOES, POTATO STICKS (DEHYDRATED POTATOES, CANOLA OIL, SALT), SALT, YELLOW CORN FLOUR, WHITE CORN FLOUR, POTATOES, DISODIUM GUANYLATE, DISODIUM INOSINATE, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), CHEDDAR CHEESE (MILK, SALT, CULTURES, ENZYMES), AUTOLYZED YEAST EXTRACT, VINEGAR, GARLIC POWDER, ONION POWDER, TORULA YEAST, NATURAL FLAVORS, YEAST, MALTED BARLEY FLOUR, DEHYDRATED CHIVES, LEAVENING (SODIUM BICARBONATE), SEA SALT, BUTTERMILK POWDER, DEXTROSE. CONTAINS: COD (FISH), WHEAT, MILK

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PREPARATION & COOKING SUGGESTIONS

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 325°F and bake for 14-17 minutes. CONVENTIONAL OVEN: Preheat oven to 375°F and bake for 34-36 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

SERVING SUGGESTIONS

UpperCrust® makes this a superb center of the plate star, as well as sandwiches and fish baskets. Pairs well with a variety of sides, traditional cocktail sauces or your own complementary creation.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	120
Protein	15 g
Total Carbohydrates	9 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	2.5 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	40 mg
Vitamin D	0.6 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	500 mg
Calcium	20 mg
Iron	0.5 mg
Potassium	330 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

MORE IMAGES

