

# 630916 - 1/10 LB UpperCrust Potato Crusted Cod with Chives and...

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	TlxHl	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

## Nutrition Facts

40 Servings per container

**Serving Size 4 oz (112g / About 3/4 Piece)**

Amount Per Serving

**Calories 120**

% Daily Value\*

**Total Fat** 2.5 g **3%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 40 mg **13%**

**Sodium** 500 mg **22%**

**Total Carbohydrates** 9 g **3%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 15 g

Vitamin D 0.6 mcg 4%

Calcium 20 mg 2%

Iron 0.5 mg 2%

Potassium 330 mg 8%

\* 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.

## HANDLING SUGGESTIONS



Keep Frozen

## 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.

## 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.

## 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

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

## MORE INFORMATION



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### 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

