



1/10 LB Battered Cod Fillets Approx. 8 oz

It doesn't get any bigger or better than High Liner Foods Big Bob's® Battered Cod Fillets. These larger-than-life wild caught portions are dipped in comfort food quality, specially seasoned batter for the ultimate "wow" factor in flavor, plate coverage, consistency, and appeal. Incredibly simple to prepare, each ready-to-cook fillet easily fries or bakes to golden perfection to more than please your biggest appetites.

Product Last Saved Date: 02 December 2024



Nutrition Facts	
20 Servings per container	
Serving Size 8 oz (224g / About 1 Fillet)	
Amount Per Serving	
Calories 410	
% Daily Value*	
Total Fat 19 g	25%
Saturated Fat 3 g	15%
Trans Fat 0 g	
Cholesterol 75 mg	25%
Sodium 580 mg	25%
Total Carbohydrates 29 g	11%
Dietary Fiber 1 g	3%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 28 g	
Vitamin D 0.8 mcg	4%
Calcium 0 mg	0%
Iron 1.7 mg	10%
Potassium 410 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.	

Product Specifications :

Code	GTIN	Type Of Catch
10023827	00079149238278	WILD

Brand	GPC Description
High Liner Foods	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.0 LBR	10.0 LBR	N/A	Undeclared	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 FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, ONION POWDER, SALT, SPICE, YEAST EXTRACT, GARLIC POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR (MALTODEXTRIN, INACTIVE YEAST, NATURAL AND ARTIFICIAL FLAVOR), YELLOW 5, YELLOW 6. CONTAINS: FISH (COD), 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 7-9 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 18-22 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 25-27 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Serving Suggestions:

Big Bob's®Battered Cod Fillets make the perfect hearty appetite-pleasing entrée. They make a "wow" specialty sandwich, sizable fish taco, and even add depth to salads. These fillets pair well with a variety of complementary sauces and sides.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

Claims & Child Nutrition:

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

