

1/10 LB Battered Cod Wedges 2 oz, Kosher

High Liner Foodservice Battered Cod Wedges are every bit as versatile as they are delicious. Perfectly portioned for a variety of applications, each Wedge is dipped in light, specially seasoned batter. This assures that just-right, craveable crispness, perfectly sealing in the wild caught Cod's mild flavor and moist, tender flaky texture. They're simple to prepare, and consistently bake or deep fry to golden perfection, with plate coverage that exceeds expectations. Put this on your menu and let the enjoyment begin.

Product Last Saved Date: 02 December 2024



HIGH LINER
FOODSERVICE™

Nutrition Facts

40 Servings per container

Serving Size 2 Portions (112g)

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 10 g 13%

Saturated Fat 1.5 g 8%

Trans Fat 0 g

Cholesterol 25 mg 9%

Sodium 630 mg 27%

Total Carbohydrates 22 g 8%

Dietary Fiber 1 g 2%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 12 g

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 1.1 mg 6%

Potassium 210 mg 4%

* 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
10001951	10073538019513	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LBR	10 LBR	N/A	Yes	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.5 INH	7.8125 INH	10.125 INH	0.5264 FTQ	20x4	540 Days	-10 FAH / 0 FAH

Ingredients :

COD, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), BLEACHED WHEAT FLOUR, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SPICES, SALT, IODIZED SALT, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEAVENING (ALUMINUM PHOSPHATE, SODIUM BICARBONATE). 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 2-2½ minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-17 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM

Serving Suggestions:

These Battered Cod Wedges are a must for traditional fish and chips, baskets, platters, and seafood entrées. They pair well with a variety of complementary sides, traditional sauces or your own signature recipe.

Species / Scientific Name:

Pacific Cod - Gadus macrocephalus, Atlantic Cod - Gadus morhua

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)
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