

### 2/5 LB Pub Style Battered Cod Fillets, Kosher

High Liner Foods Pub Style Battered Cod Fillets offer your menu deliciously authentic pub fare without the pub. These wild caught, natural cut fillets are dipped in a classic seasoned English style batter, resulting in an irresistible blend of delicately crisp, moist and tender flaky fish with every bite. Whether deep fried or oven baked, each easily cooks from frozen to golden perfection with the authentic pub appeal patrons crave.

Product Last Saved Date: 20 October 2025



# **Nutrition Facts**

40 Servings per container

Serving Size 4 oz (112g/About 1 1/2 Fill

Amoun	t Per	Serving	
Cal	or	ies	

200

Calories	200
	% Daily Value*
Total Fat 10 g	12%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 20 mg	7%
Sodium 310 mg	13%
Total Carbohydrates 13 g	5%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 14 g	
Vitamin D 0.6 mcg	2%
Calcium 0 mg	0%
Iron 0.6 mg	4%
Potassium 280 mg	6%

Product Specifications :					
Code GTIN		Type Of Catch			
10023418 <b>et)</b>	10079149234185	WILD			

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

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

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.7087 INH	7.7165 INH	8.3858 INH	0.5883 FTQ	15x5	547 Days	-10 FAH / 0 FAH

#### Ingredients:

COD, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), WATER, WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, AUTOLYZED YEAST EXTRACT, NATURAL FLAVORS, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), DEHYDRATED GARLIC, WHEY, SPICES, DEXTROSE, YELLOW 5, YELLOW 6. CONTAINS: FISH (COD), WHEAT, MILK.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - 30	Milk - C	Soy - 30		
Fish - C	Wheat - C	TreeNuts - 30		
Peanuts - 30 Crustacean - 30		Sesame - 30		

#### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS: For food safety and quality, please follow these cooking instructions. KEEP FROZEN until ready to prepare - Do not refreeze. CONVENTIONAL OVEN: 1. Preheat oven to 450°F. 2. Place fillets in a single layer on a shallow baking pan. 3. Bake for about 23 minutes. CONVECTION OVEN: 1. Preheat oven to 425°F. 2. Place fillets in a single layer on a shallow baking pan. 3. Bake for 18 - 20 minutes. DEEP FRY: 1. Fry at 360°F for 5 - 7 minutes. NOTE: Since appliances vary, these cooking instructions are only a guideline. Cook to an internal temperature of 165°F minimum. WARNING: While every effort has been made to remove bones from this product, some bones may remain. Please use caution when consuming.

#### Serving Suggestions:

Pub Style Battered Cod Fillets are a no-brainer for fish and chips. They also make an excellent pub-inspired sandwich and add depth to entrée salads. These fillets pair well with malt vinegar or any signature sauce you have in mind.

#### 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) http://www.highlinerfoods.com

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