



High Liner Foodservice Signature, 4.54 kg / 10 lb, Lemon Pepper Breaded Natural Cut Cod Fillets, approx. 71 - 108 g / 2.5 - 4 oz

These specially seasoned Natural Cut High Liner Foodservice Signature Breaded Cod fillets feature a tangy lemon and savoury pepper toasted crumb breading. This combines the best of wild caught, moist, flaky fish with a pleasingly zesty crunch your guests will find hard to resist. Each simple-to-prepare fillet easily bakes to golden perfection in no time, delivering superior plate coverage every time.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container  
Serving Size Per about 1 fillet (89 g)

Amount Per Serving  
Calories 160

	% Daily Value*
Total Fat 6 g	8%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 20 mg	%
Sodium 380 mg	17%
Total Carbohydrates 17 g	%
Dietary Fiber 1 g	4%
Total Sugars 1 g	
Includes Added Sugars	%

Protein 10 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 1.25 mg	7%
Potassium 175 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
5227	10061763052276	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.98 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.6 CMT	24.6 CMT	15 CMT	0.0142 MTQ	13x11	540 Days	

Ingredients :

Cod, Water, Toasted wheat crumbs, Flour (wheat, corn, soy), Vegetable oil (canola, soya), Modified corn starch, Sugars (sugar, corn maltodextrin), Seasonings (spices, onion, yeast extract, citric acid), Salt, Baking powder, Sodium phosphate (to retain moisture), Natural flavour (lemon, butter), Guar flour, Annatto, Turmeric. Contains: Cod (fish), Wheat, Soy, Milk.

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

Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FORCED AIR CONVECTION OVEN: Place frozen fillets in a single layer on a shallow baking pan in a preheated 400°F / 200°C oven for about 14 min or until done. Let stand for 2 min before serving. OVEN: Place frozen fillets in a single layer on a shallow baking pan in a preheated 425°F / 220°C oven for about 20 min or until done. Let stand for 2 min before serving.

Serving Suggestions:

These zesty natural cut fillets make the ideal appetizer, and pair extremely well with traditional or signature sauces.

Species / Scientific Name:

Claims & Child Nutrition:

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

