

# 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: 31 August 2026

HIGH LINER FOODSERVICE™

## 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 | |

**Shipping Information**

| Length | Width | Height | Volume | TIxHI | 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' INII='Intentionally nor Inherently Included'):**

| | | |
|---|---|---|
| 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.

## Species / Scientific Name:

## Serving Suggestions:

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

## Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:





