

High Liner Foodservice Signature, 4.54 kg / 10 lb, UPPER CRUST Summer Herb Crusted Cod with Roasted Garlic and Lemon, 139 - 181 g / 5 - 6 oz

High Liner Foodservice Signature UpperCrust™ Summer Herb Cod Fillets are natural cuts, top-crusted with a special blend of herbs, roasted garlic and lemon. Each fillet combines the best of deliciously moist, flaky wild caught Cod and zesty flavor-packed crunchy crust. Simply bake and serve to create a beautiful, premium plate presentation. UpperCrust™ Cod represents the gold standard in handmade appearance and authentic ingredients for an experience your guests will most certainly crave.

Product Last Saved Date: 31 August 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

Servings per container

Serving Size Per about 1 fillet (160 g)

Amount Per Serving	
Calories	**170**
	% Daily Value*
Total Fat 3.5 g	**5%**
Saturated Fat 0.3 g	**2%**
Trans Fat 0 g	
Cholesterol 55 mg	**%**
Sodium 730 mg	**32%**
Total Carbohydrates 13 g	**%**
Dietary Fiber 0 g	**0%**
Total Sugars 1 g	
Includes Added Sugars	**%**
Protein 21 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 1.25 mg	7%
Potassium 400 mg	12%

* 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
12300210	10061763002103	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.907 KGM			Undeclared	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
38.1 CMT	24.13 CMT	17.78 CMT	0.016 MTQ	13x10	547 Days	

Ingredients :

Cod, Water, Toasted wheat crumbs, Flour (wheat, corn, soy), Modified corn starch, Canola oil, Seasonings (herbs, garlic, disodium inosinate, onion, disodium guanylate, spices, yeast extract, torula yeast), Salt, Sugars (sugar, dextrose), Sodium phosphate (to retain moisture), Baking soda, Sodium aluminum phosphate (leavening acid), Natural flavour. Contains: Cod (fish), Wheat, Soy.

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. OVEN: Place frozen fillets on a lightly greased shallow baking pan. Cook in preheated 375°F (190°C) oven for 34-36 min or until done. FORCED AIR CONVECTION OVEN: Place frozen fillets on a lightly greased shallow baking pan. Cook in preheated 325°F (160°C) oven for 14-17 min or until done. NOTE: Since appliances vary, these instructions are guidelines only. Cook to a minimum internal temperature of 158°F (70°C).

Species / Scientific Name:

Serving Suggestions:

UpperCrust® means versatility as an entrée, on a sandwich, in seafood platters, or fish baskets. These fillets pair well with a variety of sides, traditional cocktail sauces or your own complementary creation.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:





