

High Liner Foodservice Signature, 4.54 kg / 10 lb, UPPER CRUST Summer Herb Crusted Cod with Roasted Garlic and Lemon, approx. 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: 29 January 2025



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 **9%**

* 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 Foodservice Signature | Fish - Prepared/Processed (Frozen) |

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 4.976 KGM | | | Undeclared | No |

Shipping Information

| Length | Width | Height | Volume | TixHI | Shelf Life | Storage Temp From/To |
|----------|----------|----------|-----------|-------|------------|----------------------|
| 39.5 CMT | 26.2 CMT | 15.5 CMT | 0.016 MTQ | 10x11 | 547 Days | -25 CEL / -18 CEL |

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'):

| | | |
|--------------|-----------------|---------------|
| 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 on a lightly greased shallow baking pan. Cook in preheated 325°F (160°C) oven for 14-17 min or until done. 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. NOTE: Cook to an internal temperature of 158°F (70°C).

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.

Species / Scientific Name:

Claims & Child Nutrition:

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



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