



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: 04 June 2025



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	TlxHI	Shelf Life	Storage Temp From/To
39.5 CMT	26.2 CMT	15.5 CMT	0.016 MTQ	10x11	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'):		
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:

