



## High Liner Foodservice, 4.54 kg / 10 lb, Breaded Cod Nuggets

High Liner Foodservice Breaded Cod Nuggets feature tender, mild-tasting fish coated in a specially seasoned light, crispy breading. Made from wild caught Cod, these nuggets provide the ideal blend of crispy crunch and moist, flavourful flaky fish. Individually quick frozen for freshness and quick preparation, these ready-to-cook nuggets easily deep fry or bake to crunchy perfection. As delicious as they are fun to eat, with the consistent quality you demand.

Product Last Saved Date: 24 June 2024



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

Servings per container

**Serving Size Per about 5 nuggets (135 g)**

Amount Per Serving

**Calories 240**

% Daily Value\*

**Total Fat** 8 g **11%**

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

**Cholesterol** 40 mg **%**

**Sodium** 490 mg **21%**

**Total Carbohydrates** 24 g **%**

Dietary Fiber 0 g **0%**

Total Sugars 1 g

Includes Added Sugars **%**

**Protein** 17 g

Vitamin D **%**

Calcium 20 mg **2%**

Iron 1.75 mg **10%**

Potassium 350 mg **7%**

\* 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
1144	10061763011440	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.9 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	-25 CEL / -18 CEL

### Ingredients :

Cod, Toasted wheat crumbs, Flour (wheat, corn), Water, Vegetable oil (canola, soya), Modified corn starch, Sugar, Salt, Seasonings (yeast extract, onion, spices), Modified milk ingredients, Baking powder, Modified cellulose, Guar flour. Contains: Cod (fish), Wheat, 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 NO REFREEZE IF THAWED. DEEP FRY: Immerse frozen nuggets in preheated 350°F / 180°C oil for about 6 min or until done. Drain on paper towel and serve. For best results, do not overfill fryer basket and do not overcook. FORCED AIR CONVECTION OVEN: Place frozen nuggets in a single layer on a shallow baking pan in a preheated 400°F / 200°C oven for about 14 min or until done. OVEN: Place frozen nuggets in a single layer on a shallow baking pan in a preheated 425°F / 220°C oven for about 19 min or until done. COLD PLATE/MEAL DELIVERY SYSTEM COMPATIBLE.

### Serving Suggestions:

Ideal on a mixed appetizer platter with marinara sauce, or try with a Thai dipping sauce. Can also be served as a Kids item with steamed broccoli and candied carrots.

### 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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