



## 10/6 Lb Crunchy Raw Breaded Cod Squares, 4 oz, Kosher

High Liner Foodservice Crunchy Breaded Cod Squares are wild caught tender Cod portions coated in a signature-seasoned breading to please any taste preference. Each portion delivers an irresistibly crispy bite with the moist, flaky, flavorful texture of this species perfectly preserved inside. They easily deep fry from frozen to golden delicious perfection in less than 5 minutes with excellent consistency and plate appeal. These tasty Cod Squares definitely live up to their Crunchy Breaded name, making them a definite must for any seafood menu.

Product Last Saved Date: 26 August 2025

# Nutrition Facts

24 Servings per container  
**Serving Size** **1 Portion (112g)**

**Amount Per Serving**  
**Calories** **180**

	% Daily Value*
<b>Total Fat</b> 1 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 30 mg	<b>9%</b>
<b>Sodium</b> 320 mg	<b>14%</b>
<b>Total Carbohydrates</b> 26 g	<b>10%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 1 g	
Includes 1 g Added Sugars	<b>1%</b>

<b>Protein</b> 15 g	
Vitamin D 0.6 mcg	2%
Calcium 0 mg	0%
Iron 1 mg	6%
Potassium 310 mg	6%

\* 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
10003220	10073538032208	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
66 LBR	60 LBR	N/A	Yes	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.1968 INH	11.8219 INH	17.0187 INH	2.0022 FTQ	9x2	540 Days	-10 FAH / 0 FAH

### Ingredients :

COD, BLEACHED WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: WHITE CORN FLOUR, NATURAL FLAVOR, SUGAR, CANOLA OIL, SALT, SPICES, YEAST, GARLIC POWDER, ONION POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), PAPRIKA EXTRACT (COLOR). CONTAINS: FISH (COD), WHEAT

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN TO DEEP FRY: Preheat fryer to 350°F and fry for about 3½ - 4 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

### Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

### Serving Suggestions:

Crunchy Breaded Cod Squares are ideal as an extra crunchy fish sandwich, basket, or portioned atop a fresh salad. They pair well with coleslaw, fries and a variety of complementary sauces.

### Claims & Child Nutrition:

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

