

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: 20 October 2025

Nutrition Facts

24 Servings per container

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Serving Size 1 Portion (112g)

Amount Per Serving Calories

180

Calories	100
	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 30 mg	9%
Sodium 320 mg	14%
Total Carbohydrates 26 g	10%
Dietary Fiber 0 g	0%
Total Sugars 1 g	
Includes 1 g Added Sugars	1%
Protein 15 g	
Vitamin D 0.6 mcg	2%
Calcium 0 mg	0%
Iron 1 mg	6%
Potassium 310 mg	6%

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	TIxHI	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 - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - C	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN TO DEEP FRY: Preheat fryer to 350°F and fry for about $3\frac{1}{2}$ - 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:









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

Page 1 of 1

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