

1/10 LB Crunchy Raw Breaded Cod Nuggets, 1 oz

High Liner Foodservice Crunchy Raw Breaded Cod Nuggets offer a higher quality seafood nugget. Made from premium wild caught Cod, each nugget features a specially seasoned breading for the perfect blend of crispy crunch and famously mild flavor and flaky texture of the Cod. These ready-to-cook nuggets are ready to serve in no time with exceptional plate consistency and appeal.

Product Last Saved Date: 01 November 2024



Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / About 4 Nuggets)

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 1 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 30 mg 11%

Sodium 520 mg 23%

Total Carbohydrates 19 g 7%

Dietary Fiber 1 g 2%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 14 g

Vitamin D 0.5 mcg 2%

Calcium 0 mg 0%

Iron 0.8 mg 4%

Potassium 260 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
1029103	10035493291038	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.8125 INH	7.8125 INH	8.625 INH	0.4606 FTQ	20x5	547 Days	-10 FAH / 0 FAH

Ingredients :

COD, WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT FLOUR, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: SALT, EXPELLER PRESSED CANOLA OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), YEAST, SUGAR, GUAR GUM, NONFAT MILK, EGGS, NATURAL FLAVORS, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (COD), WHEAT, MILK, EGGS

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

Eggs - C	Milk - C	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 4-6 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

Serving Suggestions:

Perfect as a kid's menu entree, a fun appetizer or to add a crunchy fun component to salads. Pairs well with traditional seafood sauces or your own signature sauce recipes.

Claims & Child Nutrition:

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



