



# 10 Lb (4.54 kg) Oven Ready Breaded Cod Sticks, Made With Minced Fish, 1 oz, Kosher

High Liner Foodservice Oven Ready Breaded Cod Sticks feature quality breaded Cod developed for menus on a budget. Made from carefully minced wild caught Cod, these delicious Cod Sticks are coated in a specially seasoned breading that delivers the ideal blend of pleasingly crispy crunch and flavorful, moist and tender flaky fish, bite after irresistible bite. They're incredibly simple to prepare, and each bakes from frozen to just-right perfection with true patron-pleasing plate coverage every time.

Product Last Saved Date: 01 July 2025



## Nutrition Facts

40 Servings per container

**Serving Size** 4 Sticks (112g)

Amount Per Serving	
<b>Calories</b>	<b>290</b>
% Daily Value*	
<b>Total Fat</b> 10 g	<b>13%</b>
Saturated Fat 1.5 g	<b>8%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 20 mg	<b>7%</b>
<b>Sodium</b> 490 mg	<b>21%</b>
<b>Total Carbohydrates</b> 36 g	<b>13%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 1 g	
Includes 0 mg Added Sugars	<b>0%</b>
<b>Protein</b> 13 g	
Vitamin D 0.4 mcg	2%
Calcium 0 mg	0%
Iron 2.2 mg	10%
Potassium 250 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
10021680	00079149216801	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.641 LBR	10 LBR	N/A	Yes	No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
11.697 INH	7.697 INH	9.894 INH	0.515 FTQ	20x4	540 Days	-10 FAH / 0 FAH

**Ingredients :**

MINCED COD, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), WATER, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, CONTAINS 2% OR LESS OF: SALT, NATURAL FLAVORS, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), YEAST, CELLULOSE GUM, EXTRACTIVES OF ANNATTO AND PAPRIKA (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 BAKE: Place frozen sticks on a lightly oiled sheet pan. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

**Species / Scientific Name:**

Atlantic Cod - Gadus morhua

**Serving Suggestions:**

These delicious Minced Cod Breaded Cod Sticks are a natural for any fish stick entrée, kids to adults. Serve with a bowl of vegetable soup, a soft roll and shortcake for dessert.

**Claims & Child Nutrition:**

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

