

# 631023 - 1/10 LB Pub Battered Cod Fillets Approx. 2 oz

Pub Style Battered Cod Fillets offer your menu deliciously authentic pub fare without the pub. Each wild caught, natural cut fillet is dipped in a classic seasoned English style batter and cooks to crunchy, irresistible perfection, whether deep fried or oven baked, with excellent consistency and just the right amount of pub appeal.



## MARKETING



## PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
10021782	631023	00079149217822	80 x 2 OZ

Brand	Brand Owner	GPC Description
High Liner Foods	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11 LBR	10 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	547 Days	-10 FAH / 0 FAH

## Nutrition Facts

40 Servings per container

**Serving Size 4 oz (112g/About 2 Portions)**

Amount Per Serving

**Calories 200**

% Daily Value\*

**Total Fat** 10 g **13%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

**Cholesterol** 35 mg **12%**

**Sodium** 330 mg **14%**

**Total Carbohydrates** 13 g **5%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 15 g

Vitamin D 1 mcg 6%

Calcium 13 mg 2%

Iron 1 mg 6%

Potassium 275 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.

## ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Eggs - N
- Soy - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - C
- Shellfish - NI

## SERVING SUGGESTIONS



An easy fit for fish and chips, as a pub-inspired sandwich or to add depth to fresh salads. Pairs well with malt vinegar or any signature sauce you have in mind.

## INGREDIENTS



COD, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), WATER, WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, DEXTROSE, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SPICES, SALT, WHEY, AUTOLYZED YEAST EXTRACT, DEHYDRATED GARLIC, NATURAL FLAVORS, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), YELLOW 5, YELLOW 6. CONTAINS: FISH (COD), WHEAT, MILK

## HANDLING SUGGESTIONS



Keep Frozen

## PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 5-7 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 18-20 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 23 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

## MORE INFORMATION



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## NUTRITIONAL ANALYSIS



Calories	200
Protein	15 g
Total Carbohydrates	13 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	10 g
Trans Fat	0 g
Saturated Fat	1.5 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	35 mg
Vitamin D	1 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	330 mg
Calcium	13 mg
Iron	1 mg
Potassium	275 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS



## MORE IMAGES

