



10 Lb (4.54 kg) Oven Ready Breaded Cod Squares 4 oz, Kosher, CN

High Liner Foodservice Breaded Cod Squares feature tender wild caught Cod coated with a specially seasoned breading. These delicious Cod Squares offer excellent plate coverage, and go from oven to plate in minutes. It's the perfect combination of moist, flaky fish and pleasingly flavorful crunch that appeals to all ages, with excellent portion control in the kitchen.

Product Last Saved Date: 03 December 2025



Nutrition Facts

40 Servings per container
Serving Size 1 Square (112g)

Amount Per Serving
Calories 230

% Daily Value*	
Total Fat 10 g	13%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 35 mg	11%
Sodium 420 mg	18%
Total Carbohydrates 20 g	7%
Dietary Fiber 1 g	2%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 15 g	
Vitamin D 0.5 mcg	2%
Calcium 0 mg	0%
Iron 1.3 mg	8%
Potassium 270 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
10022646	00079149226466	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	Yes	No

Shipping Information						
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

Ingredients :						
67.0% COD (FISH, WATER, SALT); 33.0% BATTER AND BREADING: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, CONTAINS 2% OR LESS OF: SALT, WATER, DEXTROSE, YEAST, CELLULOSE GUM, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), EXTRACTIVES OF ANNATTO AND PAPRIKA (COLOR), NATURAL FLAVORS. PREFRIED IN CANOLA, COTTONSEED, AND/OR SOYBEAN OIL. 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 BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for about 15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 20 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Serving Suggestions:

Perfect as an entrée with a vegetable and starch side, as a sandwich, or portioned atop a fresh salad. Ideal for school lunch, as well as healthcare and senior living center dining.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

Claims & Child Nutrition:

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

