

## 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.

Product Last Saved Date: 25 November 2024



## 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.

### Product Specifications :

Code	GTIN	Type Of Catch
10021782	00079149217822	WILD

Brand	GPC Description
High Liner Foods	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
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	547 Days	-10 FAH / 0 FAH

### 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

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

Eggs - N	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 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.

### 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.

### Species / Scientific Name:

Pacific Cod - Gadus macrocephalus, Atlantic Cod - Gadus morhua

### 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)  
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