



## High Liner Foodservice, 4.54 kg / 10 lb, BATTERCRISP Fast Fry Cod Portions, approx 113 g / 4 oz

Wild caught in the North Atlantic and North Pacific Oceans. IQF portioned for ease in food costing. Cut from a premium fillet block. Dipped in a light crispy batter.

Product Last Saved Date: 24 June 2024



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

Servings per container

**Serving Size** Per 1 portion (113 g)

Amount Per Serving

**Calories** **280**

% Daily Value\*

**Total Fat** 18 g **24%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

**Cholesterol** 20 mg **%**

**Sodium** 520 mg **23%**

**Total Carbohydrates** 21 g **%**

Dietary Fiber 1 g **4%**

Total Sugars 1 g

Includes Added Sugars **%**

**Protein** 10 g

Vitamin D **%**

Calcium 10 mg **1%**

Iron 1 mg **6%**

Potassium 175 mg **4%**

\* 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
2994	10061763029940	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.885 KGM			Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
39.5 CMT	26.2 CMT	15.5 CMT	0.016 MTQ	10x11	540 Days	-25 CEL / -18 CEL

### Ingredients :

Cod, Water, Canola oil, Flour (wheat, corn, soy), Toasted wheat crumbs, Modified corn starch, Sugar, Salt, Modified palm oil, Baking powder, Sodium aluminum phosphate (leavening acid), Sodium phosphate (to retain moisture), Modified milk ingredients, Spices, Guar flour. Contains: Cod (fish), Wheat, Soy, Milk.

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

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

### Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED.DO NOT REFREEZE IF THAWED.DEEP FRY: Immerse 1-4 frozen portions in preheated 350°F (180°C) oil for about 4 min.FORCED AIR CONVECTION OVEN: Place single layer of frozen portions on shallow baking pan in preheated 425°F (220°C) oven for about 12 min.OVEN: Place single layer of frozen portions on shallow baking pan in preheated 425°F (220°C) oven for about 22 min. Turn after 12 min.NOTE: Since appliances vary, these instructions are guidelines only. Cook until a minimum internal temperature of 158°F (70°C) is reached.

### Serving Suggestions:

Serve with French fries and coleslaw.

### Species / Scientific Name:

### Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)  
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