



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: 04 June 2025



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	

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:

