

# 1/10 LB Lightly Breaded Cod Tail Portions 4 oz, MSC

High Liner Lightly Breaded Cod Tail Portions have a natural appearance, with exceptional value as well as a superior plate consistency. These quality tail portions are lightly breaded and seasoned to deliver a pleasingly flavorful crunch, preserving the Cod's flaky texture and mild flavor inside. Each portion cooks from frozen to crispy perfection in minutes with excellent plate appeal.

Product Last Saved Date: 17 February 2025



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

40 Servings per container

**Serving Size** 1 Portion (112g)

Amount Per Serving

**Calories** 150

% Daily Value\*

**Total Fat** 1 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

**Cholesterol** 35 mg 12%

**Sodium** 240 mg 11%

**Total Carbohydrates** 18 g 7%

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

**Protein** 16 g

Vitamin D 0.7 mcg 4%

Calcium 0 mg 0%

Iron 0.6 mg 4%

Potassium 350 mg 8%

\* 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
02074	00074638020747	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.0 LBR	10.0 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	540 Days	-10 FAH / 0 FAH

### Ingredients :

COD, BLEACHED WHEAT FLOUR, WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, NATURAL FLAVORS, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, SALT, DEXTROSE. CONTAINS: FISH (COD), WHEAT

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

Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Deep fry for 4-5 minutes at 350°F or until golden brown, drain and serve. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

### Serving Suggestions:

Perfectly sized for fish baskets or fish sandwiches. Pairs well with traditional or your own signature sauces and sides.

### Claims & Child Nutrition:

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

