

631322 - 1/10 LB New England Style Breaded Bake 'R Broil Cod P...

High Liner Foodservice Butter Crumb Cod Fillets are lightly breaded with a traditional butter crumb seasoned just right. The buttery rich, crispy breading seals in the Cod's natural mild flavor and flakiness with true home-cooked character. Each is ready to bake, broil or microwave to perfection in no time with plate consistency, coverage and appeal you demand.



MARKETING

PRODUCT SPECIFICATIONS

Code		Dist Prod Code		GTIN		Calculated Pack	
1029481		631322		10035493294817		32 x 5 OZ	
Brand			Brand Owner		GPC Description		
High Liner Foodservice			High Liner Foods Inc.		Fish - Prepared/Processed (Frozen)		
Gross Weight	Net Weight	Case/Catch Weight		Country Of Origin		Kosher	Child Nutrition
11 LBR	10 LBR	No		United States		Undeclared	No
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
11.8125 INH	7.8125 INH	10.125 INH	0.5407 FTQ	20x4	540 Days	-10 FAH / 0 FAH	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors	
TRACEABILITY_REGULATION		FSMA204	TRUE			N/A	

HANDLING SUGGESTIONS

Keep Frozen

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Peanuts - N
- Eggs - N
- Tree - N
- Soybean - C
- Fish - C
- Wheat - C
- Shellfish - NI
- Sesame - N
- Crustaceans - N

INGREDIENTS

COD, WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), PALM OIL, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (PASTEURIZED CREAM, SALT, NATURAL FLAVOR), CONTAINS LESS THAN 2% OF THE FOLLOWING: SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), SALT, CHEDDAR CHEESE (MILK, CULTURES, SALT, ENZYMES), DEXTROSE, BLUE CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURE, RENNET, PENICILLIUM ROQUEFORTII), YEAST, SUGAR, ONION POWDER, NONFAT MILK, YELLOW CORN FLOUR, NATURAL FLAVORS, SPICES, DISODIUM PHOSPHATE, PAPRIKA EXTRACT (COLOR), ANNATTO EXTRACT (COLOR), LACTIC ACID, CALCIUM PROPIONATE (PRESERVATIVE), SOY LECITHIN, BETA-CAROTENE (COLOR). CONTAINS: COD (FISH), WHEAT, SOY, MILK

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PREPARATION & COOKING SUGGESTIONS

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen portions on a lightly oiled baking pan, breaded side up. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 23-25 minutes, or until center of portion flakes easily. For added crispness broil during the last 4 minutes of cooking time. TO BROIL: Breaded side up for 12-15 minutes or until center of portion flakes easily. Keep about 8 inches below broiler to prevent crumb from burning. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

SERVING SUGGESTIONS

Ideal as the center of the plate star attraction, as a premium quality sandwich, or to elevate fresh salads. Pairs well with a variety of sides, and the complementary sauce of your choosing.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	210
Protein	14 g
Total Carbohydrates	3 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	15 g
Trans Fat	0 g
Saturated Fat	5 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	45 mg
Vitamin D	0.6 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	280 mg
Calcium	10 mg
Iron	0.5 mg
Potassium	280 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

MORE IMAGES

