

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	1/10 LB

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	TlxHl	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

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 Nuts - N
- Soy - C
- Fish - C
- Wheat - C
- Shellfish - NI
- Sesame - N

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.

HANDLING SUGGESTIONS

Keep Frozen

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.

MORE INFORMATION

Nutrition Facts

40 Servings per container

Serving Size 112g / about 3/4 piece

Amount Per Serving
Calories 210

% Daily Value*	
Total Fat 15 g	19%
Saturated Fat 5 g	25%
Trans Fat 0 g	
Cholesterol 45 mg	15%
Sodium 280 mg	12%
Total Carbohydrates 3 g	1%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 14 g	
Vitamin D 0.6 mcg	4%
Calcium 10 mg	0%
Iron 0.5 mg	2%
Potassium 280 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.

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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NUTRITIONAL ANALYSIS



Calories	210	Total Fat	15 g	Sodium	280 mg
Protein	14 g	Trans Fat	0 g	Calcium	10 mg
Total Carbohydrates	3 g	Saturated Fat	5 g	Iron	0.5 mg
Sugars	0 g	Added Sugars	0 g	Potassium	280 mg
Dietary Fiber	0 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	45 mg		
Vitamin A (IU)		Vitamin D	0.6 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS



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