



## High Liner Foodservice, 4.54 kg / 10 lb, Sea Cuisine Breaded Cod Nuggets

High Liner Sea Cuisine™ Breaded Cod Nuggets feature mild-flavoured, flaky nuggets coated in a specially seasoned light golden breading. Perfectly portioned for any appetite, these nuggets are the ideal combination of deliciously crispy crunch and moist, tender wild caught Cod. With almost no prep, each nugget easily bakes to golden crispy perfection for a variety of menu applications. These scrumptious little Cod portions meet healthcare requirements for cost and sodium levels.

Product Last Saved Date: 13 June 2025



### Nutrition Facts

Servings per container	
<b>Serving Size</b>	<b>Per 3 nuggets (75 g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 6 g	<b>8%</b>
Saturated Fat 0.5 g	<b>3%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 20 mg	<b>%</b>
<b>Sodium</b> 320 mg	<b>14%</b>
<b>Total Carbohydrates</b> 13 g	<b>%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>
<b>Protein</b> 8 g	
Vitamin D	
Calcium 10 mg	
Iron 0.75 mg	
Potassium 150 mg	
* 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		
1026210		00059111262104				
Brand			GPC Description			
High Liner Foodservice			Fish - Prepared/Processed (Frozen)			
Gross Weight		Net Weight	Country of Origin		Kosher	Gluten Free
4.854 KGM					Undeclared	No
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
38.6 CMT	24.6 CMT	15 CMT	0.0142 MTQ	13x11	540 Days	
Ingredients :						
Cod, Toasted wheat crumbs, Water, Canola oil, Flour (wheat, corn, soy), Modified corn starch, Salt, Sodium phosphate (to retain moisture), Baking powder, Milk ingredients, Spices, Xanthan gum, Guar flour, Sugars (dextrose). 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. OVEN: Place single layer of frozen nuggets on shallow baking pan in preheated 425°F (220°C) oven for about 14 min or until done. Turn once during cooking. FORCED AIR CONVECTION OVEN: Place single layer of frozen nuggets on shallow baking pan in preheated 375°F (190°C) oven for 11 min or until done. NOTE: Since appliances vary, these instructions are guidelines only. Cook until a minimum internal temperature of 158°F (70°C) is reached.

#### Serving Suggestions:

These Breaded Cod Nuggets are perfect for serving in hospitals, nursing homes, and other healthcare applications.

#### Species / Scientific Name:

#### Claims & Child Nutrition:

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

