



10 Lb (4.54 kg) New England Style Breaded Bake 'R Broil Cod Loins, Cut From Fillet, 2 - 3 oz

High Liner Foodservice Butter Crumb Cod Loins 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.

Product Last Saved Date: 01 July 2025



Nutrition Facts

40 Servings per container

Serving Size 4 oz (1112g / About 1 1/2 pieces)

Amount Per Serving	
Calories	260
	% Daily Value*
Total Fat 20 g	26%
Saturated Fat 8 g	40%
Trans Fat 0 g	
Cholesterol 45 mg	15%
Sodium 430 mg	19%
Total Carbohydrates 6 g	2%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 13 g	
Vitamin D 1 mcg	6%
Calcium 14 mg	2%
Iron 1 mg	6%
Potassium 258 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.

Product Specifications :

Code	GTIN	Type Of Catch
1029480	10035493294800	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 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, 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: SALT, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), 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, SPICES, NATURAL FLAVORS, DISODIUM PHOSPHATE, ANNATTO EXTRACT (COLOR), PAPRIKA EXTRACT (COLOR), LACTIC ACID, CALCIUM PROPIONATE (PRESERVATIVE), SOY LECITHIN, BETA-CAROTENE (COLOR). CONTAINS: COD (FISH), WHEAT, SOY, MILK.

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

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

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fillets on a lightly oiled baking sheet. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 20-25 minutes. TO BROIL: Place frozen fillets breaded side up 8 inches below broiler. Preheat broiler to 425°F and broil for 15-20 minutes. 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.

Species / Scientific Name:

Pacific Cod - Gadus macrocephalus, Atlantic Cod -Gadus morhua

Claims & Child Nutrition:

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

