



1/20 LB Big Bob's Country Breaded Cod Fillets Approx. 10 oz, Kosher

It doesn't get any bigger or better than Big Bob's Belly Buster® Battered Cod Fillets, Country Style. These larger-than-life wild caught fillets are generously dipped in special country herbed and spiced batter for the ultimate "wow" factor in flavor, plate coverage, consistency, and appeal. Each bakes from frozen to perfection in minutes to please the biggest appetites.

Product Last Saved Date: 02 December 2024



HIGH LINER
FOODSERVICE™

Nutrition Facts

80 Servings per container

Serving Size 4 oz (112g/About 1/3 piece)

Amount Per Serving

Calories 240

% Daily Value*

Total Fat 10 g **13%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 30 mg **10%**

Sodium 500 mg **22%**

Total Carbohydrates 22 g **8%**

Dietary Fiber 0 g **0%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

Protein 16 g

Vitamin D 1 mcg 6%

Calcium 19 mg 2%

Iron 2 mg 10%

Potassium 336 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
10001697	10073538016970	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
22 LBR	20 LBR	N/A	Yes	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	11.8125 INH	12.125 INH	1.3106 FTQ	10x3	540 Days	-10 FAH / 0 FAH

Ingredients :

COD, ENRICHED BLEACHED WHEAT & MALT BARLEY FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: BLEACHED WHEAT FLOUR, WATER, SALT, SPICES, SUGAR, ONION POWDER, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), MONOSODIUM GLUTAMATE (FLAVOR ENHANCER), GARLIC, YEAST, NATURAL FLAVORS, LEMON JUICE CONCENTRATE, GARLIC POWDER, PAPRIKA EXTRACT (COLOR). CONTAINS: COD (FISH), 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 BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 15-20 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 25-30 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Perfect as an eye-catching entrée, large fish basket or oversized sandwich. Pairs well with any sauce or side that complement its big flavors and bold size.

Species / Scientific Name:

Atlantic Cod - Gadus morhua

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

