

1/10 LB Lightly Breaded Cod Tail Portions 8 oz, MSC

High Liner Lightly Breaded Cod Portions have a natural appearance, with exceptional value and superior plate consistency. These quality portions are lightly breaded and seasoned for the perfect flavorful crunch, preserving the Cod's pleasingly flaky texture and mild flavor inside. Each portion cooks from frozen to crispy perfection in minutes with excellent plate appeal.

Product Last Saved Date: 02 December 2024



HIGH LINER
FOODSERVICE™

Nutrition Facts

20 Servings per container

Serving Size 1 Portion (224g)

Amount Per Serving

Calories 300

% Daily Value*

Total Fat 1.5 g 2%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 70 mg 23%

Sodium 480 mg 21%

Total Carbohydrates 36 g 13%

Dietary Fiber 1 g 3%

Total Sugars 1 g

Includes 0 g Added Sugars 0%

Protein 32 g

Vitamin D 1.4 mcg 8%

Calcium 30 mg 5%

Iron 1.1 mg 6%

Potassium 710 mg 15%

* 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
02078	00074638020785	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.0 LBR	10.0 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	547 Days	-10 FAH / 0 FAH

Ingredients :

COD, BLEACHED WHEAT FLOUR, WATER, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: YELLOW CORN FLOUR, NATURAL FLAVORS, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, SALT, DEXTROSE. CONTAINS: FISH (COD), 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 DEEP FRY: Deep fry for 4-5 minutes at 350°F or until golden brown, drain and serve. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

Serving Suggestions:

Perfectly sized for fish baskets or fish sandwiches. Pairs well with traditional or your own signature sauces and sides.

Claims & Child Nutrition:

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

