

# 1/10 LB Western Style Battered Cod Portions, 2 oz

High Liner Foodservice Western Style Battered Cod Portions are the ideal blend of robust flavor, delectable crunch, versatility, and preparation ease. Consistently portioned from premium wild caught Cod, these delicious fillets feature a western style breading with a just spicy enough kick to wake up the taste buds. They come fryer-ready, and easily cook from frozen to crunchy, mild-flavored flaky fish perfection in about 4 to 5 minutes. This uniquely savory on-trend option is just the thing for keeping your menu on the right track.

Product Last Saved Date: 06 February 2025



## Nutrition Facts

40 Servings per container

Serving Size 4 oz (112 g / About 2 pieces)

Amount Per Serving

**Calories 210**

% Daily Value\*

**Total Fat** 9 g **11%**

Saturated Fat 1.5 g **7%**

Trans Fat 0 g

**Cholesterol** 25 mg **9%**

**Sodium** 380 mg **17%**

**Total Carbohydrates** 21 g **8%**

Dietary Fiber 1 g **2%**

Total Sugars 1 g

Includes 0 g Added Sugars **0%**

**Protein** 12 g

Vitamin D 0.4 mcg **2%**

Calcium 0 mg **0%**

Iron 1.2 mg **6%**

Potassium 220 mg **4%**

\* 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
1029714	10035493297146	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
11.6969 INH	7.6969 INH	9.8937 INH	0.5155 FTQ	20x4	547 Days	-10 FAH / 0 FAH

### Ingredients :

COD, WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, RICE FLOUR, SALT, PALM OIL, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), DEXTROSE, WHEY, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SPICES, ONION POWDER, GARLIC POWDER, GUAR GUM, YEAST. CONTAINS: FISH (COD), WHEAT, MILK

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

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

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 3½-4½ minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

### Serving Suggestions:

Western Style Battered Cod Portions add zing to fish and chips, baskets sandwiches and more. They easily pair with any traditional complementary side or sauce you have in mind.

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

