

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

Delicious gluten free breading makes these High Liner Sea Cuisine™ Cod Nuggets a healthier new favourite. Our premium wild caught Cod portions are individually quick frozen for ease of handling, excellent plate coverage and presentation. They easily deep fry or bake to crunchy perfection, are Cold Plate/Retherm compatible, and Ocean Wise recommended. This highly versatile option adds exceptional value to your seafood menu with a flavour and crunch even non-gluten sensitive guests will love.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container

**Serving Size Per about 3 nuggets (74 g)**

Amount Per Serving

**Calories 140**

% Daily Value\*

**Total Fat 5 g 7%**

Saturated Fat 0.5 g 3%

Trans Fat 0 g

**Cholesterol 20 mg %**

**Sodium 250 mg 11%**

**Total Carbohydrates 15 g %**

Dietary Fiber 0 g 0%

Total Sugars 1 g

Includes Added Sugars %

**Protein 8 g**

Vitamin D %

Calcium 20 mg 2%

Iron 0.2 mg 1%

Potassium 150 mg 3%

\* 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
9132	10061763091329	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.9 KGM			Undeclared	Yes

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
38.6 CMT	24.6 CMT	15 CMT	0.0142 MTQ	13x11	540 Days	

### Ingredients :

Cod, Flour (rice, corn), Water, Canola oil, Modified corn starch, Starch (corn, rice), Sugars (sugar, dextrose), Salt, Sodium phosphate (to retain moisture), Baking powder, Seasonings (spices, garlic, onion), Flavour, Caramel, Yeast, Paprika, Turmeric. Contains: Cod (fish).

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INI='Intentionally nor Inherently Included'):

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. DEEP FRY: Immerse frozen nuggets in preheated 350°F (180°C) oil for about 6 min or until golden brown. FORCED AIR CONVECTION OVEN: Place a single layer of frozen nuggets on a shallow baking pan in a preheated 400°F (200°C) oven for about 12 min or until done. COLD PLATE / MEAL DELIVERY SYSTEM COMPATIBLE.

### Serving Suggestions:

Gluten Free Breaded Cod Nuggets are perfect as an appetizer, on combination platters, atop baby mixed greens or in classic Caesar salads. They're ideal for kids menus or as a cafeteria option served with oven-prepared sweet potato fries, as a gluten free fish taco or wrap with spinach, salsa and roasted garlic aioli. They pair extremely well with kid-friendly or sweet, savoury, spicy dipping sauces.

### Species / Scientific Name:

### Claims & Child Nutrition:

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



Information subject to change without notice at the discretion of High Liner Foods (USA)  
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