

### 3 oz Western Style Battered Cod Portions

Our perfectly battered portions combine moist, flaky fish with delicious batter, perfect for fish and chips. A variety of shapes and deep fry or oven ready preparations to choose from make these products highly versatile.



## Nutrition Facts

Serving Size: 84 GR

Household Serving Size: 1 piece

Number of Servings per Package: 40

Amount Per Serving

Calories 170 Calories from Fat: 70

	Per Serving	% Daily Value*
<b>Total Fat</b>	8 g	12%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
<b>Cholesterol</b>	15 mg	5%
<b>Sodium</b>	200 mg	8%
<b>Total Carbohydrate</b>	17 g	6%
Dietary Fiber	0 g	0%
Sugars	0 g	
<b>Protein</b>	9 g	

	Per Srv		Per Srv
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	2%
<b>Calcium</b>	0%	<b>Iron</b>	4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9      Carbohydrate 4      Protein 4

## Product Specifications:

Code	GTIN	Pack	Type Of Catch
1029715	10035493297153	1 X 10 LB	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	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.8125	7.8125	10.125	0.7238	20x4	547 None	-15 FA / -14 FA

## Ingredients :

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

## Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 4-5 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

## Serving Suggestions:

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

## Claims & Child Nutrition:

BAP Certified :

MSC Certified :

Has CN Statement : No

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

Eggs - NI	Milk - NI
Soy - NI	Wheat - NI
Fish - NI	Crustacean - NI
Nuts - NI	TreeNuts - NI
Peanuts - NI	

## Species / Scientific Name:

Cod