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## 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.

### Species / Scientific Name

Pacific Cod

### Serving Suggestions

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

### Preparation & 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.



### Product Specifications

**Code:** 1029715

**GTIN:** 10035493297153

**Pack:** 1 x 10 LBR

**Type of Catch:** Wild

**Brand:** High Liner Foodservice

**GPC Description:** --

**Gross Weight:** 11.0 LBR

**Net Weight:** 10.0 LBR

**Country of Origin:** US

**Kosher:** No

**Gluten Free:** No

### Shipping Information

**Length:** 11.8125 INH

**Width:** 7.8125 INH

**Height:** 10.125 INH

**Volume:** 0.5407 FTQ

**TlxHl:** 20 x 4

**Shelf Life:** 18 MT

**Storage Temperature:** 0 FAH / 0 FAH

### Ingredients

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

**Allergens**

	Contains	May Contain	None
Eggs			✓
Fish	✓		
Peanuts			✓
Milk	✓		
Wheat	✓		
Crustacean			✓
Soy			✓
Tree Nuts			✓

**Buy American Compliant**

No

# Nutrition Facts

Serving Size: 3 ONZ

Household Serving Size: About 1 Filet

Number of Servings per Package: 53

Amount Per Serving

Calories: 160

Calories from Fat:

	Per Serving	% Daily Value*
<b>Total Fat:</b>	6g	8%
Saturated Fat:	1g	6%
Trans Fat:	0g	
<b>Cholesterol:</b>	20mg	7%
<b>Sodium:</b>	250mg	11%
<b>Total Carbohydrate:</b>	16g	6%
Dietary Fiber:	0g	2%
Sugars:	0g	
<b>Protein:</b>	9g	

Per Serving

Vitamin A: %

Vitamin C: %

Calcium: 0%

Iron: 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
<b>Total Fat:</b>	Less than	65g	80g
Saturated Fat:	Less than	20g	25g
<b>Cholesterol:</b>	Less than	300mg	300mg
<b>Sodium:</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate:</b>		300g	375g
Dietary Fiber:		25g	30g

Calories per gram

Fat: 9

Carbohydrate: 4

Protein: 4

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

