

5 oz Lightly Breaded Cod Tail Portions

These shaped portions combine great value with a natural appearance and superior plate consistency. Available in a range of sizes and breadings to suit every need. Simply fry and serve!



Nutrition Facts

32 Servings per container

Serving Size 1 Portion

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 1 g 1%

Saturated Fat 0 g 1%

Trans Fat 0 g

Cholesterol 45 mg 14%

Sodium 350 mg 15%

Total Carbohydrate 25 g 9%

Dietary Fiber 1 g 2%

Total Sugars 0 g

Includes 0 g Added Sugars 1%

Protein 20 g

Vitamin D .9 mg 4%

Calcium 0 mg 0%

Iron .7 mg 4%

Potassium 440 mg 10%

*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	Pack	Type Of Catch
02075	00074638020754	1 X 10 LBR	Wild

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10.0 LBR	USA	No	No

Shipping Information						
Length	Width	Height	Volume	TLXHI	Shelf Life	Storage Temp
15.8 INH	7.8 INH	8.6 INH	0.6 FTQ	15x5	18	0 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, 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	

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS:

Deep fry for 4-5 minutes at 350°F or until golden brown, drain and serve.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

Species / Scientific Name:

Atlantic Cod

Serving Suggestions:

fish basket, fish sandwich

Claims & Child Nutrition:

BAP Certified :

MSC Certified :

Has CN Statement : No

