



High Liner Foods

1067618964 - Hfs 9/4 Bat M Cod Wdg 2 Oz

The perfect menu solution for quality breaded portions on a budget, including oven-ready and child nutrition approved options. Choose from our variety of shapes and sizes for the ideal addition to your menu.



* Benefits

Nutrition Facts

Serving size	112 Gram
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 560mg	24%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes Added Sugars	%
Protein 13g	
Vitamin D	%
Calcium	2%
Iron	6%
Potassium	%

* The % Daily Value (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.

Ingredients

MINCED COD, WATER, BLEACHED WHEAT FLOUR, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED FOOD STARCH, SALT, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SPICES, IODIZED SALT. FRIED IN SOYBEAN OIL. CONTAINS FISH, WHEAT.

⚠ Allergens

Contains:

fish wheat

Free From:

crustaceans mollusks eggs
 dairy peanuts soy tree nuts

Handling Suggestions

Keep Frozen

Serving Suggestions

ENTREE

Prep & Cooking Suggestions

FRY FROZEN PORTIONS AT 360°F FOR 2-2 ½ MINUTES. TO BAKE: PREHEAT OVEN TO 425°F. PLACE FROZEN PORTIONS ON CRUMPLED ALUMINUM FOIL AND BAKE FOR 15-17 MINUTES, TURN ONCE. ADJUST COOKING TIME DEPENDING UPON APPLIANCE CHARACTERISTICS

📄 Product Specifications

Brand	Manufacturer	Product Category
High Liner Foods	High Liner Foods (Usa)	Fish, Value Added & Further Processed

MFG #	SPC #	GTIN	Pack	Pack Desc.
10002013	1067618964	10073538020137	9	9/4 lbs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
45.35 lb	36 lb	USA	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14.4 in	10.3 in	27.9 in	4138.13	6x3	547 DAYS	-15°F / -14°F



High Liner Foods

1067618964 - Hfs 9/4 Bat M Cod Wdg 2 Oz

The perfect menu solution for quality breaded portions on a budget, including oven-ready and child nutrition approved options. Choose from our variety of shapes and sizes for the ideal addition to your menu.



Nutrition Analysis

Calories	230 kcal	Total Fat	10 g	Sodium	560 mg
Protein	13	Trans Fats	0 g	Calcium	
Total Carbohydrates...	22 g	Saturated Fat	1.5 g	Iron	
Sugars	0 g	Added Sugars		Potassium	
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	25 mg		
Vitamin A(IU)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

