



High Liner Foodservice

1067620325 - Hfs 10/6 Cr Brd Cod Sq 4 Oz Cc

Quick and easy to prepare, these tender portions combine moist, flaky fish with a uniquely delicious breading. Available in a wide range of shapes and species.



* Benefits

Nutrition Facts

Serving size	112
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 30mg	10%
Sodium 320mg	13%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 15g	
Vitamin D 0.6mg	3%
Calcium 0mg	0%
Iron 1mg	5%
Potassium 310mg	6%

* 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

COD, BLEACHED WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED FOOD STARCH, WHITE CORN FLOUR, SALT, DEXTROSE, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), YEAST, SUGAR, SPICES, NATURAL FLAVOR, GUAR GUM. CONTAINS FISH, WHEAT. MILK.

Allergens

Contains:



Free From:



Handling Suggestions

Keep Frozen

Serving Suggestions

ENTREE

Prep & Cooking Suggestions

DEEP FRY FROZEN PORTIONS AT 360°F FOR 3½-4 MINUTES.

Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
10003220	1067620325	10073538032208	10	10 / 6.0 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
63.75 lb	60 lb	USA	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
17 in	11.63 in	16.63 in	1.9 ft3	9x2	547 DAYS	-15°F / -14°F



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Nutrition Analysis

Calories	180 kcal	Total Fat	1 g	Sodium	320 mg
Protein	15	Trans Fats	0 g	Calcium	0 mg
Total Carbohydrates...	26 g	Saturated Fat	0 g	Iron	1 mg
Sugars	1 g	Added Sugars	1 g	Potassium	310 mg
Dietary Fiber	0 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	30 mg		
Vitamin A(U)		Vitamin D	0.6 mg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

