



High Liner Foodservice
1067619339 - Hfs 10/6 Cr Brd Cod Rec 3 Oz

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

Ingredients

COD, BLEACHED WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: WHITE CORN FLOUR, NATURAL FLAVOR, SUGAR, CANOLA OIL, SALT, SPICES, YEAST, GARLIC POWDER, ONION POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), PAPRIKA EXTRACT (COLOR). CONTAINS: FISH (COD), WHEAT

⚠ Allergens

Contains:

fish wheat

Free From:

crustaceans eggs dairy peanuts
 soy tree nuts

Nutrition Facts

Serving size	84
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 240mg	10%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0.5mg	2%
Calcium 0mg	0%
Iron 0.7mg	3%
Potassium 240mg	5%

* 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.

Handling Suggestions

Keep Frozen

Serving Suggestions

ENTREE

Prep & Cooking Suggestions

Cooking Instructions From Frozen:
To Deep Fry: Preheat fryer to 350°F and fry for about 3 1/2 - 4 minutes.
Note: Cook to an internal temperature of 165°F minimum.

Product Specifications

Brand		Manufacturer		Product Category		
High Liner Foodservice		High Liner Foods (Usa)		Fish, Value Added & Further Processed		
MFG #	SPC #	GTIN	Pack	Pack Desc.		
10002800	1067619339	10073538028003	10	10/6 lbs		
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
66 lb	60 lb	USA	Yes			
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.2 in	11.82 in	17.02 in	2 ft3	9x2	540 DAYS	0°F / 0°F



High Liner Foodservice
1067619339 - Hfs 10/6 Cr Brd Cod Rec 3 Oz

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.



Nutrition Analysis

Calories	130 kcal	Total Fat	0.5 g	Sodium	240 mg
Protein	11	Trans Fats	0 g	Calcium	0 mg
Total Carbohydrates...	18 g	Saturated Fat	0 g	Iron	0.7 mg
Sugars	0 g	Added Sugars	0 g	Potassium	240 mg
Dietary Fiber	0 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	20 mg		
Vitamin A(IU)•		Vitamin D	0.5 mg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

