



High Liner Foods (USA) Incorporated
7957 - Hfs 9/4 Bat Cod Wdg 2 Oz Cc

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.



Nutrition Facts

Servings per Container 16
Serving size 2 Wedges
(112g)
Amount per serving
Calories 230

		% Daily Value*
Total Fat	10g	13%
Saturated Fat	1.5g	7%
Trans Fat	0g	
Cholesterol	25mg	8%
Sodium	630mg	27%
Total Carbohydrate	22g	8%
Dietary Fiber	1g	3%
Total Sugars	0g	
Includes	Added Sugars	%
Protein	12g	
Vitamin D		%
Calcium		0%
Iron	1.1g	6%
Potassium	210mg	4%

* 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.

* Benefits

Ingredients

COD, WATER, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, VEGETABLE OIL (CANOLA, COTTONSEED, AND/OR SOYBEAN), BLEACHED WHEAT FLOUR, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SPICES, SALT, IODIZED SALT, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEAVENING (ALUMINUM PHOSPHATE, SODIUM BICARBONATE).
CONTAINS: FISH (COD), 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.		
10002015	7957	10073538020151	9	9/4 lbs		
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
40lb	36lb	USA	Yes			
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
28in	10in	14.25in	2.31ft3	6x3	540DAYS	0°F / 0°F



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Total Carbohydrates...	22g	Saturated Fat	1.5g	Iron	1.1g
Sugars	0g	Added Sugars		Potassium	210mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	25mg		
Vitamin A(IU)•	0	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

