



## Breaded Cod Fillet 4 oz.

White, flaky cod is topped with a crunchy, oriental style custom crumb coating that holds its own as a sandwich, basket or platter item.



### Nutrition Facts

Serving Size: 112 GR  
Household Serving Size: 1 piece  
Servings Per Container: 40

Amount Per Serving		
	Per Serving	% Daily Value*
Calories	140	Calories from Fat: 10
Total Fat	1 g	1.5%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	35 mg	12%
Sodium	270 mg	11%
Total Carbohydrate	13 g	4%
Dietary Fiber	1 g	4%
Sugars	5 g	
Protein	17 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram  
Fat 9      Carbohydrate 4      Protein 4

### Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
1029653	10035493296538			40

Brand	GPC Description
FPI	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LB	10 LB	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
14.25 IN	12 IN	6 IN	0.594 CF	11x7	547 Days	-15 FA / -14 FA

### Ingredients :

COD, WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLEACHED WHEAT FLOUR, YELLOW CORN FLOUR, SALT, SOYBEAN OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), SUGAR, NONFAT MILK, YEAST, NATURAL FLAVORS, DOUGH CONDITIONERS (ASCORBIC ACID, L-CYSTEINE MONOHYDROCHLORIDE, EGG, GUAR GUM, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE)).

### Prep & Cooking Suggestions :

READY TO COOK/COOK HARD FROZEN. FRY 4 TO 6 MINUTES AT 360°F OR UNTIL GOLDEN BROWN.

### Serving Suggestions :

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features.

### Claims :

BAP Certified :  
MSC Certified :  
AHG Certified :

### CN Information :

Has CN Statement : No

*raw breaded*