



# Crispy Breaded Minced Cod Rectangle Portion 3 oz.

CN Label

## Nutrition Facts

Serving Size: 84 GR  
 Household Serving Size: 1 PIECE  
 Servings Per Container: 53

Amount Per Serving		
Calories	200	Calories from Fat: 80
	Per Serving	% Daily Value*
Total Fat	9 g	14%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	310 mg	13%
Total Carbohydrate	20 g	7%
Dietary Fiber	1 g	4%
Sugars	0 g	
Protein	10 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	2%
Calcium	0%	Iron	6%

\*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
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## Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
10022732	00093901842664			53

Brand	GPC Description
Gordon Food Service	Fish - Prepared/Processed (Frozen)

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

## Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp
15.813	7.813 IN	8.625 IN	0.617 CF	15x7	547 Days	-15 FA / -14 FA

## Ingredients :

MINCED COD: 55.6%. BREADING: 25.0%; ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, DEXTROSE, YEAST, PARTIALLY HYDROGENATED SOYBEAN OIL, COLORED WITH OLEORESIN PAPRIKA AND ANNATTO EXTRACT. BATTER: 19.4%; WATER, ENRICHED YELLOW CORN FLOUR (CORN FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), CELLULOSE GUM, SPICE EXTRACTIVE. FRIED IN SOYBEAN OIL. CONTAINS: FISH (COD), WHEAT.

## Prep & Cooking Suggestions :

FOR BEST RESULTS, COOK FROM FROZEN. CONVECTION OVEN: PREHEAT OVEN TO 425F. PLACE FROZEN COD IN OVEN AND BAKE FOR APPROXIMATELY 20 MINUTES. CONVECTION OVEN: PREHEAT OVEN TO 400F. PLACE FROZEN COD IN OVEN AND BAKE FOR APPROXIMATELY 15 MINUTES. NOTE: APPLIANCES VARY, ADJUST ACCORDINGLY.

## Serving Suggestions :

Sandwich and entree applications.

## Claims :

BAP Certified :  
 MSC Certified :  
 AHG Certified :

## CN Information :

Has CN Statement : Yes

*1 = 1.25 meat, 0 grain*

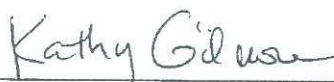
**CN Information :**

CN Statement : 1.25M/1.25B

Suggested Bid :

Meat/Meat Alternative :	SIZE	3.00 oz
	RAW INPUT WEIGHT	1.668 oz
	COOKED WT. (75% YIELD)	(55.6%) 1.251 oz
	MEAT EQUIVALENT (1)	1.25 oz

WholeGrain Credit Calculation : N/A



Date: 11/14/2013

Kathy Gilmore, Quality Engineer

High Liner Foods