



Battered Blue Cod

Fantastic Taste with Broad Appeal
Trans-Fat Free
User-Friendly Product

Battered Blue Cod

Wild caught in New Zealand, this crunchy and flavourful product offers a wide appeal. Mild tasting, these battered portions will satisfy even the pickiest of palates. The consistent portion sizing ensures 100% yield and no waste, in addition to requiring no labour. Whether deep-fried or baked for a healthier application, Toppits Battered Blue Cod is sure to be a hit.

****36% less salt than our regular Battered Blue Cod Fillet Portions****



Features & Benefits

- Dual batter can be baked or deep fried adding versatility for different needs
- 100% yield results in no waste and no mess
- Cost effective, as portion sizes are consistent and no labour is required
- Trans fat free, low in saturated fat and now with reduced sodium

Cooking Method

Deep Fry: Deep Fry at 360°F (182°C) for 7 to 8 minutes.

Convection Oven: Bake at 420°F (215°C) for 25 to 30 minutes.

Nutrition Facts Valeur nutritive

Serving Size approximately 1 piece (85 g)
pour environ 1 morceau (85 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 4 g	6 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Cholesterol / Cholestérol 35 mg	
Sodium / Sodium 260 mg	11 %
Carbohydrate / Glucides 13 g	4 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	
Protein / Protéines 11 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	4 %

Ingredients

Cod, Water, Wheat Flour, Modified Corn Starch, Yellow Corn Flour, Canola and/or Palm and/or Palm Kernel Oil Shortening, Wheat Starch, Rice Flour, Defatted Soy Flour, Tapioca Dextrin, Sugar, Baking Powder, Salt, Spices, Toasted Wheat Crumbs, Dextrose, Canola Oil, Hydrogenated Soybean Oil, Guar Gum

Item	Description	Brand	Origin	Pack	UPC	SCC
C12554	Battered Blue Cod Fillet Portions, 3oz (85g)	Toppits	Canada	1/10 lb (47-53 pcs/case)	068689125544	10068689125541

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