

POTATO CRUSTED COD

with Cheddar Cheese and Chives

Ingredients: Cod fish fillets, water, modified cornstarch, potatoes, toasted wheat crumbs, flour (corn, wheat), salt, dried egg white, cheddar cheese, canola oil, sodium phosphate, flavour (blue and cheddar cheese, lemon), disodium guanylate, disodium inosinate, seasonings (spices, onion, garlic), yeast extract, torula yeast, modified milk ingredients, dextrose, cornstarch, mono and diglycerides, guar gum, modified cellulose, colour (tartrazine, sunset yellow fcf). Browned in canola oil.

Cooking Instructions:

Forced Air Convection Oven:

1. preheat oven to 160°C/325°F
2. place single layer of frozen fish fillets on a lightly greased shallow baking pan
3. bake for 17-19 minutes or until done

Oven:

1. preheat oven to 190°C/375°F
2. place single layer of frozen fish fillets on shallow baking pan
3. bake for 28-30 minutes or until done

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recipe information

Nutrition Facts	
Serving Size 1 Fillet (159g)	
Amount Per Serving	
Calories 190	
	% Daily Values*
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 580mg	24%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 20g	40%
*Percent Daily Values are based on a 2,000 calorie diet.	