



High Liner Foodservice, 4.54 kg / 10 lb, Beer Battered Cod Tails, Uncooked, 183 g (160 - 206 g) / 6 oz (5.64 - 7.26 oz)

High Liner Foodservice Beer Battered Cod Tails feature tender flaky cod tails, dipped in a real beer batter that cooks up to a light, golden coating. Great plate presentation, and a home-style look and taste.

Product Last Saved Date: 06 May 2025



Nutrition Facts

Servings per container

Serving Size Per about 1 tail (183 g)

Amount Per Serving

Calories **340**

% Daily Value*

Total Fat 16 g	21%
Saturated Fat 2.5 g	13%
Trans Fat 0.1 g	
Cholesterol 55 mg	%
Sodium 920 mg	40%
Total Carbohydrates 30 g	%
Dietary Fiber 1 g	4%
Total Sugars 1 g	
Includes Added Sugars	%
Protein 20 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 1.5 mg	8%
Potassium 300 mg	6%

* The % Daily Values (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.

Product Specifications :

Code	GTIN	Type Of Catch
1588	10061763015882	

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.221 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
39.87 CMT	19.55 CMT	21.32 CMT	0.0166 MTQ	15x5	547 Days	-25 CEL / -18 CEL

Ingredients :

Cod, Flour (wheat, corn), Vegetable oil (soya, cotton seed), Beer, Water, Modified corn starch, Salt, Flavour, Baking powder, Spices, Sugars (sugar, barley malt, corn maltodextrin, dextrose), Sodium aluminum phosphate (leavening acid). Contains: Cod (fish), Wheat, Barley.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

Prep & Cooking Suggestions:

KEEP FROZEN. DO NOT REFREEZE IF THAWED. COOK FROM FROZEN. DEEP FRY: 350°F / 180°C 10 min. CONVECTION OVEN: 400°F / 200°C 18-20 min on a lightly oiled baking sheet. OVEN: 425°F / 220°C 22-24 min on a lightly oiled baking sheet. NOTE: Since appliances vary, these instructions are guidelines only. Fully cooked fish is opaque and flakes easily with a fork. Cook to an internal temperature of 158°F / 70°C.

Serving Suggestions:

Fish and Chip dinners, or serve with any combination of potato or rice, and vegetables. Try it on a fish sandwich!

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:
MSC Certified:
Has CN Statement: No
CN Statement:

