

# 639257 - 1/10 LB Beer Battered Southern Blue Whiting Portion, ...

High Liner Foods Beer Battered Southern Blue Whiting fillets are generously dipped in batter containing real beer. These specially battered fillets deep fry in no time to golden crunchy, flaky fish perfection, with the consistency and irresistible plate coverage you demand. Not only is this menu favorite the epitome of what beer-battered seafood should be.



## MARKETING



## PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
12300194	639257	10035493001941	33 x 4.80 OZ

Brand	Brand Owner	GPC Description
High Liner Foodservice	High Liner Foods Inc.	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.716 LBR	10 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.697 INH	7.697 INH	8.394 INH	0.587 FTQ	15x5	547 Days	-10 FAH / 0 FAH

## Nutrition Facts

40 Servings per container  
**Serving Size 4 oz (112g / About 1 Piece)**

**Amount Per Serving**  
**Calories 230**

	% Daily Value*
<b>Total Fat</b> 10 g	<b>13%</b>
Saturated Fat 1.5 g	<b>8%</b>
Trans Fat 0 g	
<b>Cholesterol</b>	<b>13%</b>
<b>Sodium</b> 580 mg	<b>25%</b>
<b>Total Carbohydrates</b> 19 g	<b>7%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 0 g	
Includes 1 g Added Sugars	<b>0%</b>

<b>Protein</b> 14 g	
Vitamin D 0.9 mcg	4%
Calcium 40 mg	4%
Iron 1.1 mg	6%
Potassium 170 mg	4%

\* 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.

## ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soy - N
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - C
- Shellfish - NI

## SERVING SUGGESTIONS



These Beer Battered Fillets are excellent for Fish and Chip dinners, or as an entrée served with any combination of potato or rice, and vegetables. Also ideal as a basket or specialty fish sandwich with a side of fries and coleslaw paired with traditional or signature seafood sauces.

## INGREDIENTS



SOUTHERN BLUE WHITING, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), BEER (WATER, BARLEY MALT, RICE, HOPS), YELLOW CORN FLOUR, CONTAINS LESS THAN 2% OF THE FOLLOWING: MODIFIED CORN STARCH, SALT, WHITE CORN FLOUR, NATURAL FLAVORS, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE), LEAVENING (SODIUM ALUMINUM PYROPHOSPHATE, SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), SPICES, SUGAR, DEXTROSE. CONTAINS: FISH (SOUTHERN BLUE WHITING), WHEAT

## HANDLING SUGGESTIONS



Keep Frozen

## PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 6 - 7 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

## MORE INFORMATION



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## NUTRITIONAL ANALYSIS



Calories	230
Protein	14 g
Total Carbohydrates	19 g
Sugars	0 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	10 g
Trans Fat	0 g
Saturated Fat	1.5 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	
Vitamin D	0.9 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	580 mg
Calcium	40 mg
Iron	1.1 mg
Potassium	170 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS



## MORE IMAGES

