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

Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / About 1 Piece

| Amount Per Serving Calories | 230 |
|-----------------------------|----------------|
| | % Daily Value* |
| Total Fat 10 g | 13% |
| Saturated Fat 1.5 g | 8% |
| Trans Fat 0 g | |
| Cholesterol | 13% |
| Sodium 580 mg | 25% |
| Total Carbohydrates 19 g | 7% |
| Dietary Fiber 1 g | 4% |
| Total Sugars 0 g | |
| Includes 1 g Added Sugars | 0% |
| Protein 14 g | |
| Vitamin D 0.9 mcg | 4% |
| Calcium 40 mg | 4% |
| Iron 1.1 mg | 6% |
| Potassium 170 mg | 4% |

SOUTHERN BLUE WHITING, ENRICHED BLEACHED

WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON,

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

BICARBONATE, SODIUM ALUMINUM PHOSPHATE), SPICES, SUGAR, DEXTROSE. CONTAINS: FISH (SOUTHERN BLUE WHITING), WHEAT

(TO RETAIN MOISTURE), LEAVENING (SODIUM ALUMINUM PYROPHOSPHATE, SODIUM

THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC

ACID), WATER, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR

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 | TIxHI | 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 |

ALLERGENS



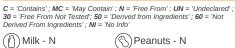
SERVING SUGGESTIONS



advice.

INGREDIENTS

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 coles law paired with traditional or signature seafood sauces.







(13) Tree Nuts - N

(M) Shellfish - NI



Fish - C



(Wheat - C (%) Sesame - N

Keep Frozen

HANDLING SUGGESTIONS



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



PREPARATION & COOKING SUGGESTIONS COOKING INSTRUCTIONS FROM FROZEN: TO

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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







