



10 Lb (4.54 kg) Brewer's Choice Battered Cod Fillets, Approx. 4 oz

High Liner Foods Brewer's Choice® Battered Cod Fillets are one of many beer-battered options that we offer. Here, choice wild caught Cod Fillets are dipped in batter made with real beer. This produces a delicately crunchy, malty beer flavored crust with moist and tender flaky fish perfectly preserved inside. Each oven or fryer ready fillet easily cooks from frozen to golden perfection in minutes. They're simple to prepare, fit a range of applications, and please almost any appetite (non-beer lovers included).

Product Last Saved Date: 20 October 2025



# Nutrition Facts

40 Servings per container

**Serving Size 4 oz (112g/About 1 Portion)**

Amount Per Serving	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10 g	<b>13%</b>
Saturated Fat 1.5 g	<b>8%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 15 mg	<b>5%</b>
<b>Sodium</b> 590 mg	<b>26%</b>
<b>Total Carbohydrates</b> 20 g	<b>7%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 13 g	
Vitamin D 0 mcg	0%
Calcium 14 mg	2%
Iron 0 mg	0%
Potassium 242 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
10001654	10073538016543	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.681 LBR	10 LBR	N/A	Undeclared	No

**Shipping Information**

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.697 INH	7.697 INH	8.394 INH	0.5870 FTQ	15x5	547 Days	-10 FAH / 0 FAH

**Ingredients :**

COD, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), YELLOW CORN FLOUR, BEER (WATER, BARLEY MALT, RICE, HOPS), WATER, CONTAINS LESS THAN 2% OF THE FOLLOWING: MODIFIED CORN STARCH, SALT, WHITE CORN FLOUR, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), NATURAL FLAVORS, SPICES, SUGAR, WHEAT FLOUR. CONTAINS: COD (FISH), WHEAT

**Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):**

Eggs - 30	Milk - 30	Soy - 30
Fish - C	Wheat - C	TreeNuts - 30
Peanuts - 30	Crustacean - 30	Sesame - 30

**Prep & Cooking Suggestions:**

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for about 5 minutes. TO BAKE: Place frozen fillets on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-14 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 16-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

**Serving Suggestions:**

These Battered Cod Fillets are ideal for fish and chips, baskets, or as a sandwich with thick cut fries and a side of coleslaw. They pair well with tartar and cocktail sauces, or your own complementary sauce recipe.

**Species / Scientific Name:**

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

**Claims & Child Nutrition:**

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

