



## High Liner Foodservice, 4.54 kg / 10 lb, GUINNESS Beer Battered Cod Fillets, approx. 105 g / 4 oz

High Liner FOODSERVICE Guinness® Battered Cod Fillets are as unique as their star ingredient: The world's number one stout. Carefully dipped in batter made with legendary real Guinness®, each fillet goes from oven or fryer to plate in minutes. This creates a distinctively robust flavoured crunchy, moist flaky fish bite with the consistency and plate appeal you demand. The result is a dining experience even non-beer lovers will crave.

Product Last Saved Date: 04 June 2025



## Nutrition Facts

Servings per container  
**Serving Size Per about 1 fillet (105 g)**

**Amount Per Serving**  
**Calories** **190**

% Daily Value\*

**Total Fat** 9 g **12%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

**Cholesterol** 20 mg **%**

**Sodium** 430 mg **19%**

**Total Carbohydrates** 14 g **%**

Dietary Fiber 1 g **4%**

Total Sugars 1 g

Includes Added Sugars **%**

**Protein** 13 g

Vitamin D **%**

Calcium 20 mg **2%**

Iron 1.25 mg **7%**

Potassium 300 mg **8%**

\* 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
10008896	10061763088961	

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

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

### Shipping Information

Length	Width	Height	Volume	TLXHI	Shelf Life	Storage Temp From/To
39.87 CMT	19.55 CMT	18.78 CMT	0.0146 MTQ	15x6	540 Days	

### Ingredients :

Cod, Flour (wheat, corn), Soybean oil, Modified corn starch, Water, Beer, Salt, Sugars (sugar, barley malt extract, maltodextrin, dextrose), Seasonings (onion, yeast extract, spices, garlic), Flavour, Modified cellulose, Paprika, Baking soda, Acacia gum, 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:

**COOK FROM FROZEN** When baking in the oven, place fillets in a single layer on a lightly oiled shallow baking sheet. Cook until a minimum internal temperature of 158°F (70°C) is reached.

**DEEP FRY:** Immerse fillets in preheated 350°F (180°C) oil for 6-8 min. **FORCED AIR**

**CONVECTION OVEN:** Preheat oven to 400°F (200°C) and bake for 14-16 min.

**CONVENTIONAL OVEN:** Preheat oven to 425°F (220°C) and bake for 18-20 min.

### Serving Suggestions:

Guinness™ Battered Cod Fillets are perfect between two hearty slices of toasted, locally-made Irish Soda bread topped with caraway braised red cabbage and mustard with hand-cut fries. They also make a richly unique appetizer or specialty fish basket.

### Species / Scientific Name:

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

