

# 1/10 LB Guinness Beer Battered Cod Tenders, 1 - 2 oz

High Liner Foodservice Guinness™ Battered Cod Tenders are as unique as their star ingredient: The world's number one stout. Carefully dipped in batter made with legendary real Guinness™, each tender goes from oven or fryer to plate in minutes. This creates a distinctively robust flavored 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: 29 January 2025



## Nutrition Facts

40 Servings per container

Serving Size 4 oz (112g / About 2 pieces)

Amount Per Serving

**Calories 210**

% Daily Value\*

**Total Fat** 10 g **13%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

**Cholesterol** 35 mg **12%**

**Sodium** 490 mg **21%**

**Total Carbohydrates** 15 g **5%**

Dietary Fiber 0 g **0%**

Total Sugars 1 g

Includes 1 g Added Sugars **2%**

**Protein** 14 g

Vitamin D 1 mcg 6%

Calcium 19 mg 2%

Iron 1 mg 6%

Potassium 295 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
10026730	10073538267303	WILD

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

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

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	7.625 INH	0.5451 FTQ	15x6	540 Days	-10 FAH / 0 FAH

### Ingredients :

COD, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), MODIFIED CORN STARCH, YELLOW CORN FLOUR, WATER, CONTAINS LESS THAN 2% OF THE FOLLOWING: BEER (WATER, MALTED BARLEY, BARLEY, ROASTED BARLEY, HOPS, YEAST), SALT, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ONION POWDER, SUGAR, BARLEY MALT EXTRACT, YEAST EXTRACT, MALTODEXTRIN, NATURAL FLAVORS, GARLIC POWDER, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), BEER FLAVOR [MIXED TRIGLYCERIDES, GELATIN, NATURAL FLAVORING, SILICON DIOXIDE, CARBOXYMETHYLCELLULOSE, SODIUM BENZOATE (PRESERVATIVE), GUM ACACIA], DEXTROSE, SPICES, MODIFIED CELLULOSE, PAPRIKA EXTRACT (COLOR), GUM ARABIC. CONTAINS: COD (FISH), WHEAT

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

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

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: RECOMMENDED COOKING METHOD: TO DEEP FRY: Preheat fryer to 350°F and fry for 3-4 minutes. TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 8-10 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 12-14 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Serving Suggestions:

These uniquely Guinness™ Battered Cod Tenders can enhance a number of applications, from center-of-the-plate, to Fish and Chips, appetizers, and wraps. Excellent served with a creamy tartar dipping sauce and lemon wedge.

### Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)  
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