

10 Lb (4.54 kg) Beer Battered Southern Blue Whiting Portion, 4.8 oz, MSC

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.

Product Last Saved Date: 01 October 2026

HIGH LINER FOODSERVICE™

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%

* 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
12300194	10035493001941	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.716 LBR	10 LBR	N/A	Undeclared	

Shipping Information

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

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

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

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

Prep & 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.

Species / Scientific Name:

Southern Blue Whiting - Micromesistius australis

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.

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:


PERISHABLE
KEEP FROZEN


