

# 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: 20 October 2025

# **Nutrition Facts**

40 Servings per container

Serving Size 4 oz (112g / About 1 Piece

Amoun	t Per	Serving	
Cal	or	ies	

230

<u> </u>	
	% 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%
<b>Protein</b> 14 g	
Vitamin D 0.9 mcg	4%
Calcium 40 mg	4%
Iron 1.1 mg	6%
Potassium 170 mg	4%

	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	Country of Origin Kosher Gluten		
	10.716 LBR	10 LBR	N/A	Undeclared	No

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'):				
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 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:









Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com

Page 1 of 1

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