



# 10 Lb (4.54 kg) Guinness Beer Battered Cod Fillet Portions 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 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: 30 June 2025



## Nutrition Facts

40 Servings per container  
Serving Size 4 oz (112g/About 1 Fillet)

Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 10 g	13%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 20 mg	7%
Sodium 460 mg	20%
Total Carbohydrates 15 g	5%
Dietary Fiber 0 g	0%
Total Sugars 1 g	
Includes 1 g Added Sugars	1%
Protein 14 g	
Vitamin D 1 mcg	6%
Calcium 17 mg	2%
Iron 1 mg	6%
Potassium 298 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
10026732	10073538267327	WILD

Brand	GPC Description
High Liner Foods	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 6-8 minutes. TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 14-16 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 18-20 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Serving Suggestions:

This Guinness™ Battered Cod is a natural between two hearty slices of toasted Irish soda bread, topped with caraway braised red cabbage and mustard, and handmade thick cut fries. Also great as an appetizer, or atop a salad.

### Species / Scientific Name:

Pacific Cod - Gadus macrocephalus, Atlantic Cod - Gadus morhua

### Claims & Child Nutrition:

BAP Certified:  
MSC Certified:  
Has CN Statement: No  
CN Statement:

