

# 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: 20 October 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	

### 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' 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: 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:

