



10 Lb (4.54 kg) Beer Battered Cod Fillets, 2 oz

Our Battered Cod Fillets allow you to tap into a south of the boarder taste with easy cooking. They bake or deep fry in no time to crunchy, classic beer-battered perfection, with excellent consistency and irresistibly appetizing plate appeal. A menu favorite that aligns you with one of the world's most recognized beer brands.

Product Last Saved Date: 20 October 2025

Nutrition Facts

40 Servings per container

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

Amount Per Serving

Calories

220

% Daily Value*

Total Fat 11 g **14%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 20 mg **7%**

Sodium 410 mg **18%**

Total Carbohydrates 18 g **7%**

Dietary Fiber 1 g **4%**

Total Sugars 0 g

Includes 0 mg Added Sugars **0%**

Protein 13 g

Vitamin D 0.5 mcg 2%

Calcium 40 mg 4%

Iron 0.6 mcg 4%

Potassium 250 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
1029721	10035493297214	WILD

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

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

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
7.697 INH	15.697 INH	8.394 INH	0.5403 FTQ	15x5	547 Days	-10 FAH / 0 FAH

Ingredients :

COD, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), WATER, WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF THE FOLLOWING: BEER (WATER, BARLEY MALT, RICE, BARLEY, HOPS, YEAST), MALTODEXTRIN, SALT, GUM ARABIC, NATURAL AND ARTIFICIAL FLAVORS, SUGAR, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), SPICES, MALTED BARLEY FLOUR, WHEY, DEXTROSE, TRICALCIUM PHOSPHATE, MALT SYRUP (CORN SYRUP, BARLEY, MALT EXTRACT). CONTAINS: COD (FISH), WHEAT, MILK

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

Eggs - INII	Milk - C	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 3½-4 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Pacific Cod - Gadus macrocephalus, Atlantic Cod - Gadus morhua

Serving Suggestions:

Ideal made as a sandwich between brioche bread, paired with your favorite sides. Perfect for fish and chips served with malt vinegar. Also great as a south of the border themed entrée or specialty fish basket. Pairs perfectly with tartar or cocktail sauces, or your own complementary recipes.

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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