

## 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 consistently 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)

Amoun	t Per	Serv	ing
Cal	or	ie	S

220

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%
	6%

Pr	Product Specifications :				
Code GTIN		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	TIxHI	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'):			
Eggs - 30	Milk - C	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 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) http://www.highlinerfoods.com Page 1 of 1

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