



9/4lb Redhook ESB Ale Battered Swai Fillets (Striped Pangasius) 2 - 3 oz

Redhook® Ale Battered Pangasius Fillets are dipped in a unique batter made with famous Redhook Ale®. Each fries or bakes to crispy, tender, flaky perfection, with the rich flavor and copper color of this craft beer. Excellent plate appeal and easy prep make this a superb menu addition that pleases beer lovers and non-beer lovers alike.

Product Last Saved Date: 20 October 2025

Nutrition Facts

21 Servings per container

Serving Size 1 Fillet (84g)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 10 g 13%

Saturated Fat 2 g 9%

Trans Fat 0 g

Cholesterol 30 mg 10%

Sodium 400 mg 17%

Total Carbohydrates 14 g 5%

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 10 g

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 0 mg 0%

Potassium 180 mg 4%

* 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
10026690	10073538266900	FARM RAISED

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
40 LBR	36 LBR	N/A	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
28 INH	10 INH	14.25 INH	2.309 FTQ	6x3	547 Days	-10 FAH / 0 FAH

Ingredients :

STRIPED PANGASIOUS, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), ALE (WATER, BARLEY MALTS, YEAST, HOPS), YELLOW CORN FLOUR, WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SALT, WHITE CORN FLOUR, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), NATURAL FLAVORS, SPICES, SUGAR, WHEAT FLOUR. CONTAINS: FISH (STRIPED PANGASIOUS), 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: TO DEEP FRY: Preheat fryer to 350°F and fry for about 4-5 minutes. TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 14-16 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 16-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

Ideal for fish and chips, served in a basket with vinegar slaw, seasoned steak fries and spicy tartar sauce, or on a salad with garlic toast and honey mustard. Pairs well with a variety of sauces or your own complementary sauce recipes.

Species / Scientific Name:

Pangasius - Pangasianodon hypophthalmus

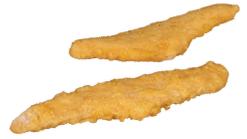
Claims & Child Nutrition:

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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