



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: 02 December 2024

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'):

| | | |
|-------------|----------------|--------------|
| 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: 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

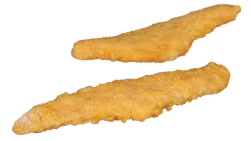
Claims & Child Nutrition:

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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