



1/5 LB Beer Battered Cod Portions, 2 oz

Easy preparation

Product Last Saved Date: 25 November 2024

Nutrition Facts

20 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 g Added Sugars **0%**

Protein 13 g

Vitamin D 0.5 mcg 2%

Calcium 40 mg 4%

Iron 0.6 mg 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
1004995	10035493049950	WILD

Brand	GPC Description
FPI	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.5 LBR	5 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10.7087 INH	9.685 INH	4.8819 INH	0.2930 FTQ	16x8	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 2% OR LESS OF: BEER (WATER, BARLEY MALT, RICE, BARLEY, HOPS, YEAST), MALTODEXTRIN, SALT, GUM ARABIC, NATURAL AND ARTIFICIAL BEER FLAVORS, SUGAR, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), SPICE, MALTED BARLEY FLOUR, WHEY, DEXTROSE, TRICALCIUM PHOSPHATE, MALT SYRUP (CORN SYRUP, BARLEY, MALT EXTRACT). CONTAINS: FISH (COD), WHEAT, MILK

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - C	Soy - N
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS: COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 3.5 - 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:

By the basket or plateful, these rich filets will be the toast of the table.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:



