



## 9/4 LB Brewer's Choice Beer Battered Cod Fillets, 2 oz

When it comes to Beer Battered fish, we've got you covered. Our Brewer's Choice® Beer Battered Cod is made from premium natural cut fillets and real beer that imparts an authentic, delicious flavor to create a light and crispy batter. These fillet portions are the perfect centerpiece to any meal. Enjoy!

Product Last Saved Date: 19 December 2024



# Nutrition Facts

16 Servings per container

Serving Size 4 oz (112g About 2 Fillets)

Amount Per Serving

**Calories 230**

% Daily Value\*

**Total Fat** 10 g **13%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

**Cholesterol** 30 mg **10%**

**Sodium** 590 mg **26%**

**Total Carbohydrates** 19 g **7%**

Dietary Fiber 1 g **4%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 14 g

Vitamin D 0 mcg 0%

Calcium 14 mg 2%

Iron 0 mg 0%

Potassium 248 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
10001623	10073538016239	WILD

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	540 Days	-10 FAH / 0 FAH

### Ingredients :

COD, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), BEER (WATER, BARLEY MALT, RICE, HOPS), YELLOW CORN FLOUR, WATER, CONTAINS LESS THAN 2% OF THE FOLLOWING: MODIFIED CORN STARCH, SALT, WHITE CORN FLOUR, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), NATURAL FLAVORS, SPICES, SUGAR, WHEAT FLOUR. CONTAINS: COD (FISH), 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** For food safety and quality, please follow these cooking instructions. Keep frozen until ready to prepare – Do not refreeze Deep fry at 350°F for 4 minutes. **CONVENTIONAL OVEN INSTRUCTIONS:** Place oven rack in center of the oven. Preheat oven to 425°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 16 to 18 minutes. **CONVECTION OVEN INSTRUCTIONS:** Place oven rack in center of the oven. Preheat oven to 400°F. Place frozen fish in a single layer on a shallow baking pan. Bake for 12 to 14 minutes. **NOTE:** Since appliances vary, these cooking instructions are only a guideline. Cook to an internal temperature of 158°F minimum. **WARNING:** While every effort has been made to remove bones from this product, some bones may remain. Please use caution when consuming.

### Serving Suggestions:

Serve your customers authentic Fish n' Chips with Brewer's Choice® Beer Battered Cod Fillets!

### Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

### 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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