

# 1/10 LB Brewer's Choice Battered Cod Portions ,Approx. 3 oz

High Liner Foods Brewer's Choice® Battered Cod Portions are among the many beer-battered options that we offer. Carefully portioned from premium wild caught Cod, each is dipped in batter made with real beer. The result is a delicately crunchy, malty beer flavored crust with moist and tender flaky fish perfectly preserved inside. These oven or fryer ready Cod Portions easily cook from frozen to golden perfection in minutes. They're simple to prepare, fit a range of applications, and please both beer lovers and non-beer lovers alike with every bite.

Product Last Saved Date: 19 December 2024



## Nutrition Facts

53 Servings per container

Serving Size 3 oz (84g / About 1 Portion)

Amount Per Serving

**Calories 170**

% Daily Value\*

**Total Fat** 7 g **9%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

**Cholesterol** 15 mg **5%**

**Sodium** 430 mg **19%**

**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 9 mg **0%**

Iron 0 mg **0%**

Potassium 187 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
10001651	10073538016512	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	N/A	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	547 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 FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for about 5 minutes. TO BAKE: Place frozen portions on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 12-14 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 15-17 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

### Serving Suggestions:

Brewer's Choice® Battered Cod Portions are ideal for fish and chips, baskets, or as a sandwich with thick cut fries and a side of coleslaw. They pair well with tartar and cocktail sauces, or your own complementary sauce recipe.

### Species / Scientific Name:

Pacific Cod - Gadus macrocephalus, Atlantic Cod - Gadus morhua

### 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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