

1/10 LB Guinness Beer Battered Cod Fillet Portions, 2 oz

High Liner Foodservice Guinness™ Battered Cod Fillets are as unique as their star ingredient: The world's number one stout. Carefully dipped in batter made with legendary real Guinness™, each fillet goes from oven or fryer to plate in minutes. This creates a distinctively robust flavored crunchy, moist flaky fish bite with the consistency and plate appeal you demand. The result is a dining experience even non-beer lovers will crave.

Product Last Saved Date: 29 January 2025



Nutrition Facts

43 Servings per container

Serving Size 3.7 oz (104g/About 2 Fillets)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 9 g 12%

Saturated Fat 1.5 g 7%

Trans Fat 0 g

Cholesterol 35 mg 12%

Sodium 420 mg 18%

Total Carbohydrates 14 g 5%

Dietary Fiber 0 g 0%

Total Sugars 1 g

Includes 1 g Added Sugars 1%

Protein 12 g

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 1.1 mg 6%

Potassium 210 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
10026731	10073538267310	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	TlxHI	Shelf Life	Storage Temp From/To
15.8125 INH	7.8125 INH	7.625 INH	0.5451 FTQ	15x6	540 Days	-10 FAH / 0 FAH

Ingredients :

COD, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL), MODIFIED CORN STARCH, YELLOW CORN FLOUR, WATER, CONTAINS 2% OR LESS OF: BEER (WATER, MALTED BARLEY, BARLEY, ROASTED BARLEY, HOPS, YEAST), GUM ARABIC, SALT, MODIFIED CELLULOSE, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SPICES, ONION POWDER, DEXTROSE, SUGAR, BEER FLAVOR [MIXED TRIGLYCERIDES, GELATIN, NATURAL FLAVORING, SILICON DIOXIDE, CARBOXYMETHYLCELLULOSE, SODIUM BENZOATE (PRESERVATIVE), GUM ACACIA], BARLEY MALT EXTRACT, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), YEAST EXTRACT, GARLIC POWDER, MALTODEXTRIN, NATURAL FLAVORS, PAPRIKA EXTRACT (COLOR). CONTAINS: FISH (COD), 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 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 16-18 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Serving Suggestions:

This Guinness™ Battered Cod is a natural between two hearty slices of toasted Irish soda bread, topped with caraway braised red cabbage and mustard, and handmade thick cut fries. Also great as an appetizer, or atop a salad.

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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