

# High Liner Foodservice, 4.54 kg / 10 lb, Beer Battered Cod Portions, approx. 108 g / 3.8 oz

These High Liner Beer Battered Cod Portions bring true homestyle appeal and flavour to the beer battered fish category. This customer favourite features consistently portioned wild caught Cod dipped in a specially seasoned batter made with rich, malty beer. Each can be deep-fried or oven-baked from frozen, and easily cooks to deliciously crunchy, beer battered perfection, preserving the tender, flaky Cod inside. This is homestyle done right, with a plate presentation that reflects that in every way.

Product Last Saved Date: 04 June 2025



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

Servings per container

**Serving Size Per 1 portion (108 g)**

Amount Per Serving

**Calories 220**

% Daily Value\*

**Total Fat 11 g 15%**

Saturated Fat 1 g 5%

Trans Fat 0 g

**Cholesterol 25 mg %**

**Sodium 440 mg 19%**

**Total Carbohydrates 18 g %**

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes Added Sugars %

**Protein 11 g**

Vitamin D %

Calcium 20 mg 2%

Iron 1 mg 6%

Potassium 200 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
1029316	00059111293160	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.834 KGM			Undeclared	

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
39.87 CMT	19.55 CMT	21.32 CMT	0.017 MTQ	15x8	540 Days	

### Ingredients :

Cod, Beer, Canola oil, Flour (wheat, corn), Toasted wheat crumbs, Water, Wheat starch, Modified corn starch, Sugars (maltodextrin, dextrin), Salt, Soy protein, Modified palm oil, Baking powder, Sodium phosphate (to retain moisture), Modified cellulose, Guar flour, Annatto, Spices. Contains: Cod (fish), Barley, Wheat, Soy.

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INI='Intentionally nor Inherently Included'):

Eggs - NI	Milk - NI	Soy - NI
Fish - NI	Wheat - NI	TreeNuts - NI
Peanuts - NI	Crustacean - NI	Sesame - NI

### Prep & Cooking Suggestions:

DEEP FRY: Immerse frozen portions in preheated 350°F (180°C) oil for about 6-7 min or until golden brown. FORCED AIR CONVECTION OVEN: Place single layer of frozen portions on shallow baking pan in preheated 375°F (190°C) oven for about 14 min. OVEN: Place single layer of frozen portions on shallow baking pan in preheated 425°F (220°C) oven for about 18 min. Turn once during cooking. NOTE: Cook until a minimum internal temperature of 158°F (70°C) is reached.

### Serving Suggestions:

These High Liner Beer Battered Cod Portions add a unique homestyle touch to Fish and Chips served with malt vinegar, as a south of the border themed entrée or a specialty fish basket. They also pair perfectly with tartar or cocktail sauces, or your own complementary recipes.

### Species / Scientific Name:

### Claims & Child Nutrition:

BAP Certified:  
MSC Certified: Yes  
Has CN Statement: No  
CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)  
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