



Guinness Battered Cod Fillet Portion 4 oz

Appeals to Guinness® stout enthusiasts and first-timers alike. Fully prepared, simply fry in minutes from frozen, no skilled labor required. Individually quick-frozen to give you better control over your inventory and minimize waste. No beer or specialty ingredients needed. Consistent flavor, quality and appearance every time you serve!



Nutrition Facts

Serving Size: 4 OZ

Household Serving Size: 1 Piece

Servings Per Container: 40

Amount Per Serving

Calories 220 Calories from Fat: 100

	Per Serving	% Daily Value*
Total Fat	11 g	17%
Saturated Fat	2 g	10%
Trans Fat	0 g	
Cholesterol	35 mg	12%
Sodium	400 mg	17%
Total Carbohydrate	14 g	5%
Dietary Fiber	0 g	0%
Sugars	1 g	
Protein	15 g	

	Per Srv		Per Srv
Vitamin A	2%	Vitamin C	0%
Calcium	2%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 Carbohydrate 4 Protein 4

Product Specifications:

Code	GTIN	Units/Case	Unit/Measure	Serving/Case
10026732	10073538267327			40

Brand	GPC Description
Icelandic Seafood	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.96 LB	10 LB	USA	No	

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp
15.813	7.813 IN	7.625 IN	0.545 CF	15x8	547 Days	-15 FA / -14 FA

Ingredients :

COD, WATER, WHEAT FLOUR, MODIFIED CORN STARCH, YELLOW CORN FLOUR, GUINNESS BEER (WATER, MALTED BARLEY, BARLEY, ROAST BARLEY, HOPS, YEAST), BLEACHED WHEAT FLOUR, SALT, SUGAR, BARLEY MALT EXTRACT, YEAST EXTRACT, ONION POWDER, GARLIC POWDER, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), MALTODEXTRIN, FLAVOR [MIXED TRIGLYCERIDES, GELATIN, NATURAL FLAVORING, SILICON DIOXIDE, CARBOXYMETHYLCELLULOSE, SODIUM BENZOATE (PRESERVATIVE), GUM ACACIA], DEXTROSE, GUM ARABIC, SPICES, VEGETABLE OIL (SOYBEAN AND SUNFLOWER), PROPYLENE GLYCOL, NATURAL FLAVOR, FERMENTED WHEAT PROTEIN, METHYLCELLULOSE, NATURAL EXTRACTIVES OF PAPRIKA AND BLACK PEPPER, SOY LECITHIN, DATEM. FRIED IN SOYBEAN OIL.

Prep & Cooking Suggestions :

Convection oven: 400°F 14-16 min. Conventional oven: 425°F 20-22 min. Deep fry: 350°F 6-8 min.

Serving Suggestions :

Crispy fried Cod made with a unique GUINNESS batter sandwiched between two hearty slices of toasted, locally-made Irish Soda bread. Topped with caraway braised red cabbage and Colman's® mustard. Served with hand-cut fries.

Claims :

BAP Certified :
MSC Certified :
AHG Certified :

CN Information :

Has CN Statement : No