



Natural Cod fillets prepared with a special batter made from Bass Pale Ale which makes for a light and crispy coating and a truly authentic English Fish and Chips.

Product Last Saved Date: 21 September 2015

## Nutrition Facts

Serving Size: 112 GR

Number of Servings per Package: 40

### Amount Per Serving

Calories: 260      Calories from Fat: 110

### % Daily Value\*

<b>Total Fat</b>	12 g	18%
Saturated Fat	2 g	10%
Trans Fat	0 g	
<b>Cholesterol</b>	30 mg	10%
<b>Sodium</b>	530 mg	22%
<b>Total Carbohydrate</b>	20 g	7%
Dietary Fiber	0 g	0%
Sugars	0 g	

**Protein** 14 g

	Per Srv		Per Srv
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	2%
<b>Calcium</b>	2%	<b>Iron</b>	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:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
10001654	650028	10073538016543	1 X 10 LB	

Brand	Brand Owner	GPC Description
Icelandic Seafood	High Liner Foods Inc.	Fish – Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11.6 LB	10 LB	USA	No	No

## Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.8125 IN	7.8125 IN	8.625 IN	0.617 CF	15x5	547 Days	-15 FA / -14 FA

## Ingredients :

COD FILLETS, BLEACHED WHEAT FLOUR, WATER, BEER (WATER, MALTED BARLEY, HIGH MALTOSYL SYRUP, HOPS, CARAMEL), YELLOW CORN FLOUR, MODIFIED FOOD STARCH, SALT, NATURAL FLAVOR, WHITE CORN FLOUR, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SPICES, SUGAR, FRIED IN SOYBEAN OIL, CONTAINS FISH (COD), WHEAT.

## Allergens (C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Peanuts - N
Soy - N	Wheat - C	TreeNuts - N
Fish - C	Crustacean - N	Nuts - NI

## Handling Suggestions :

Keep Frozen

## Benefits :

Made from premium, natural cut fish fillets. Battered with a special coating made from Bass Pale Ale. Designed to absorb less oil when fried for a crispy texture.

## Serving Suggestions :

Create a classic fish and chips platter with Bass Pale Ale battered fillets, thick cut fries and a side of cole slaw.

## Prep & Cooking Suggestions :

FRY: DEEP FRY FROZEN AT 360°F FOR ABOUT 5 MINUTES. REGULAR OVEN: BAKE AT 425°F FOR 16-18 MINUTES. CONVECTION OVEN: BAKE AT 400°F FOR 12-14 MINUTES. ADJUST COOKING TIME DEPENDING UPON PRODUCT'S NATURAL THICKNESS AND APPLIANCE CHARACTERISTICS.

## More Information :