

2.5 oz Brewer's Choice Battered Cod Portions

Legendary Bass Pale Ale creates a truly authentic seafood line with endless fish n' chips, appetizers and sandwich applications in a wide variety of popular species. Available both skinless and skin-on.



Nutrition Facts

Serving Size: 5 OZ

Household Serving Size: About 2 Pieces

Number of Servings per Package: 32

Amount Per Serving

Calories 290 Calories from Fat: 110

	Per Serving	% Daily Value*
Total Fat	12 g	18%
Saturated Fat	2 g	10%
Trans Fat	0 g	
Cholesterol	35 mg	12%
Sodium	650 mg	27%
Total Carbohydrate	24 g	8%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	18 g	

	Per Srv		Per Srv
Vitamin A	0%	Vitamin C	4%
Calcium	2%	Iron	4%

*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
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Product Specifications:

Code	GTIN	Pack	Type Of Catch
10001653	10073538016536	1 X 10 LB	Wild

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11 LBR	10 LBR	USA	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp
15.8125	7.8125	8.625	0.6166	15x5	547 None	-15 FA / -14 FA

Ingredients :

COD, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA, COTTONSEED, SOYBEAN, AND/OR SUNFLOWER), BASS PALE ALE BEER (WATER, MALTED BARLEY, HIGH MALTOSSE SYRUP, HOPS, CARAMEL), YELLOW CORN FLOUR, WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SUNFLOWER LECITHIN, SALT, SUGAR, WHITE CORN FLOUR, SPICE, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), NATURAL FLAVORS. CONTAINS: FISH (COD), WHEAT

Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN:

TO DEEP FRY: Preheat fryer to 350°F and fry for about 7 minutes.

TO BAKE: Place frozen fillets on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 400°F and bake for 12-16 minutes.

CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 16-20 minutes.

Serving Suggestions:

ENTREE

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

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

Claims & Child Nutrition:

BAP Certified :

MSC Certified :

Has CN Statement : No

Species / Scientific Name:

Cod