

## 2 oz Pub Style Battered Cod Fillets

Pub Style Battered Seafood is all about the robust flavor of a classic English style batter. Our natural cut fillets are a menu must for baskets, fish n' chips, sandwiches and more – it's pub style without the beer.



### Nutrition Facts

Serving Size: 112 GR

Household Serving Size: ABOUT 2

Number of Servings per Package: 40

Amount Per Serving

Calories 140 Calories from Fat: 40

	Per Serving	% Daily Value*
<b>Total Fat</b>	4.5 g	7%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
<b>Cholesterol</b>	35 mg	12%
<b>Sodium</b>	300 mg	13%
<b>Total Carbohydrate</b>	12 g	4%
Dietary Fiber	1 g	4%
Sugars	0 g	
<b>Protein</b>	13 g	

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

Code	GTIN	Pack	Type Of Catch
10021782	00079149217822	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, water, enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat flour, modified food starch, yellow corn flour, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, whey, natural flavor, autolyzed yeast extract, yeast, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), dried garlic, spices, yellow 5, yellow 6. Fried in soybean oil. CONTAINS FISH (COD), MILK, WHEAT.

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 360°F and fry for 5-7 minutes.

TO BAKE: Place frozen fillets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 425°F and bake for 18-20 minutes. CONVENTIONAL OVEN: Preheat oven to 450°F and bake for about 23 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.

### 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