



Icelandic  
1067619571 - Hlf 2/5 Bc Bb Cod Flt 2 Oz

Our Brewer's Choice® battered cod fillets are perfect for any occasion which involves delicious food with simple preparation. Final product is value added and packed in USA.



Nutrition Facts

Serving size	112
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 550mg	23%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 190mg	4%

\* The % Daily Value (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.

\* Benefits

Ingredients

COD, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA, COTTONSEED, SOYBEAN, AND/OR SUNFLOWER), ALE (WATER, BARLEY MALT, RICE AND/OR CORN, HOPS), YELLOW CORN FLOUR, WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHEAT FLOUR, SALT, SUGAR, WHITE CORN FLOUR, SPICES, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), NATURAL FLAVORS. CONTAINS: FISH (COD), WHEAT

Allergens

Contains:

fish wheat

Free From:

crustaceans eggs dairy peanuts  
 soy tree nuts

Handling Suggestions

Keep Frozen

Serving Suggestions

Pair this battered cod fillet with thick cut fries, and a side of coleslaw to create a great meal.

Prep & Cooking Suggestions

Cook from frozen.  
DEEP FRY: Preheat fryer to 350°F. Fry for about 4 minutes.  
BAKE: Place frozen fillets on a lightly oiled sheet pan.  
CONVECTION OVEN: Preheat oven to 400°F and bake for 12-14 minutes.  
CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 16-18 minutes.  
\*Cook to an internal temperature of 165°F MINIMUM.\*

Product Specifications

Brand		Manufacturer		Product Category		
Icelandic		High Liner Foods (Usa)		Fish, Value Added & Further Processed		
MFG #	SPC #	GTIN	Pack	Pack Desc.		
10001652	1067619571	10073538016529	2	1/10 lbs		
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
11 lb	10 lb	USA	No			
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.81 in	7.81 in	8.63 in	0.62 ft3	15x5	540 DAYS	0°F / 0°F





Icelandic  
1067619571 - Hlf 2/5 Bc Bb Cod Flt 2 Oz

Our Brewer's Choice® battered cod fillets are perfect for any occasion which involves delicious food with simple preparation. Final product is value added and packed in USA.



Nutrition Analysis

Calories	220 kcal	Total Fat	10 g	Sodium	550 mg
Protein	13	Trans Fats	0 g	Calcium	0 mg
Total Carbohydrates...	19 g	Saturated Fat	1.5 g	Iron	0.4 mg
Sugars	0 g	Added Sugars	0 g	Potassium	190 mg
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	35 mg		
Vitamin A(IU)•		Vitamin D	0 mg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

