



Beer Battered Cod

Made with artisan Grisette beer from a local Richmond brewery



SUSTAINABLE SEA PRODUCTS INTERNATIONAL MID-ATLANTIC

Proud Producers of



Nutrition Facts

varied servings per container
Serving size 1 piece (173g)

Amount per serving
Calories 360

% Daily Value*

Total Fat 20g	26%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 620mg	27%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 1mcg	6%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 565mg	10%

*The % Daily Value 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.

Code	Pack	Type of Catch
10011	Bulk IQF	Wild Caught

Brand	GPC Description
Dickies	Finfish Prepared/Processed (Frozen)

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

Shipping Information						
Length	Width	Height	Volume	TI/HI	Shelf Life	Storage Temp
15.5"	11.5"	6"	1069.5 in ³	10/8	1 Year Frozen	0°F or below

Ingredients

Cod, beer batter (water, batter mix (wheat flour, corn starch, yellow corn flour, rice flour, tapioca dextrin, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), dextrose, sugar, garlic powder, spice, gum arabic, natural flavors, extractives of turmeric), beer (flaked oats, pilsner grain, rye malt, East Kent Golding Hops, Mandarina Bavaria Hops, Wallonian Farmhouse Yeast, turbinado sugar, water)), canola oil (canola oil, citric acid), breader (wheat flour, tapioca starch, wheat gluten, salt, onion powder, garlic powder, leavening (sodium acid pyrophosphate, sodium.

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

Eggs - N	Soy - N	Wheat - C
Peanuts - N	Milk - N	Fish-C
Tree Nuts - N	Shellfish- N	

Prep & Cooking Suggestions:	Serving Suggestions
Fryer: Heat oil to 350°F. Cook fish for 3:00 from thaw or 4 minutes from frozen. Oven: 15-17 minutes at 425°F	Serve with french fries, coleslaw, and tartar sauce for an easy Fish 'n Chips entrée.

Species/Scientific Name:	Claims & Child Nutrition/Intended use	
<i>Gadus morhua</i>	MSC Certified: Yes Has CN Statement: No	General Population; Allergens noted on label.

