



## Brew'n'Battered Cod

Excellent Source of Protein  
No Skilled Labour Required  
Delicious Taste and Texture

# Brew'n'Battered Cod

Experience traditional pub-style fish and chips with Toppits Brew 'n' Battered Cod. Coated with a delicious beer batter, this consistent product is sure to turn heads with its amazing plate presentation. Easy to use, simply place the frozen product into a deep-fryer and cook until golden brown. With no mess, no waste and no labour required, this product couldn't be more efficient. Your customers will love the home-style look and taste of this English classic!

## Features & Benefits

- Unique batter with a delicious beer flavour, crispy texture, with a natural bite
- 100% yield results in no waste and no mess
- Cost effective, as portion sizes are consistent and no labour is required
- Easy to use product: simply deep fry from frozen state until golden brown and serve
- Made in Canada
- From an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org)



## Cooking Instructions

**Deep fry:** Deep fry from frozen state at 350°F (177°C) for 5-7 minutes or until done.

**Convection oven:** Preheat oven to 400°F (204°C). Place product on baking sheet, bake for 16-18 minutes.

**Conventional oven:** Preheat oven to 425°F (218°C). Place product on baking sheet, bake for 18-20 minutes, flipping the product half-way through baking.

Note: Cook to an internal temperature of 158°F (70°C).

Nutrition Facts	
Valeur nutritive	
Per 2 pieces (168 g) pour 2 pieces (168 g)	
<b>Calories 340</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 17 g</b>	<b>% valeur quotidienne*</b>
Saturated / saturés 1.5 g	23 %
+ Trans / trans 0.4 g	10 %
<b>Carbohydrate / Glucides 25 g</b>	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
<b>Protein / Protéines 21 g</b>	
<b>Cholesterol / Cholestérol 35 mg</b>	
<b>Sodium 560 mg</b>	<b>24 %</b>
Potassium 300 mg	6 %
Calcium 30 mg	2 %
Iron / Fer 1.5 mg	8 %
*5% or less is <b>a little</b> , 15% or more is <b>a lot</b> / *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

**CODB15183**

Nutrition Facts	
Valeur nutritive	
Per 1 piece (113 g) pour 1 morceau (113 g)	
<b>Calories 220</b>	<b>% Daily Value*</b>
<b>Fat / Lipides 12 g</b>	<b>% valeur quotidienne*</b>
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 16 g</b>	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 13 g</b>	
<b>Cholesterol / Cholestérol 35 mg</b>	
<b>Sodium 370 mg</b>	<b>16 %</b>
Potassium 200 mg	4 %
Calcium 20 mg	2 %
Iron / Fer 1 mg	6 %
*5% or less is <b>a little</b> , 15% or more is <b>a lot</b> / *5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

**TV13916**

Item	Description	Brand	Origin	Pack	SCC
CODB15183	Brew'n'Battered Cod Fillets, 3oz	Toppits	Canada	2/5 lb	10068689151830
TV13916	Brew'n'Battered Cod Fillets, 4 oz	Toppits	Canada	2/5 lb	10068689139166