



Beer Battered Taco Cut Portions

Cod · Pollock

Coated in a Delicious Beer Batter

Wild Caught

Beer Battered Taco Cut Portions

Toppits™ is proud to offer a variety of Beer Battered Taco Cut Cod and Pollock. Each fish species is a wild caught and is certified sustainable from the Marine Stewardship Council and is Ocean Wise recommended. Each taco cut piece is consistent in size and is flash frozen to retain freshness. Coated in a unique flavourful beer batter, enjoy your favourite Toppits™ Taco Cut fish as the centerpiece in your taco recipes.

Product Features

- Available in Cod and Pollock varieties
- Coated in a delicious beer batter
- Each piece will fit into an individual soft or hard shell taco
- Consistent sizing
- Wild caught
- Made in Canada
- Ocean Wise Recommended
- From an MSC certified sustainable fishery

www.msc.org



Cooking Instructions

Deep Fry: Preheat oil to 350°F (177°C). Deep fry from frozen for 5-7 minutes or until golden brown.

Conventional Oven: Preheat oven to 425°F (218°C).

Place frozen fish on a pre-heated baking rack and bake for 16-18 minutes or until golden brown, turning over halfway through cooking.

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



Nutrition Facts		Valeur nutritive	
Per 3 pieces (143 g) pour 3 morceaux (143 g)			
Calories 220		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 7 g			9 %
Saturated / saturés 1.0 g			5 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 19 g			
Fibre / Fibres 1 g			4 %
Sugars / Sucres 1 g			1 %
Protein / Protéines 20 g			
Cholesterol / Cholestérol 45 mg			
Sodium 430 mg			11 %
Potassium 400 mg			10 %
Calcium 30 mg			2 %
Iron / Fer 1.5 mg			8 %
*5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup			

CODBT15185

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Carbohydrate / Glucides 19 g			
Fibre / Fibres 1 g			1 %
Sugars / Sucres 1 g			1 %
Protein / Protéines 22 g			
Cholesterol / Cholestérol 75 mg			
Sodium 460 mg			20 %
Potassium 350 mg			7 %
Calcium 75 mg			6 %
Iron / Fer 2 mg			8 %
*5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup			

POLBT15186

Item	Description	Brand	Origin	Pack	SCC
CODBT15185	Beer Battered Taco Cut Cod, 1.7oz	Toppits	Canada	2/5 lb	10068689151854
POLBT15186	Beer Battered Taco Cut Pollock, 1.7oz	Toppits	Canada	2/5 lb	10068689151861

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