



TRIDEN

# 92078 - Fish Cod Pub House Batter

Trident Seafoods classic PubHouse Battered Fillets let you offer seafood with a house-made look and taste but without all the fuss. It pairs beautifully with hand-cut, mild, sustainable wild Alaska cod fillets for comfort food made easy. PubHouse Pacific Cod offers a high ratio of fish to batter, and it cooks from frozen, with no prep time and perfect portion control.



### \* Benefits

## Nutrition Facts

Servings per Container 61  
Serving size 1pcs(74g/2.6oz)

Amount per serving  
**Calories 140**

	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugar	2%
<b>Protein</b> 9g	
Vitamin D 0.2mcg	1%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 170mg	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.

### Ingredients

ALASKA COD, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, WHEAT FLOUR, MODIFIED WHEAT STARCH, CONTAINS 2% OR LESS OF: SUGAR, YELLOW CORN FLOUR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), WHEY, SODIUM TRIPOLYPHOSPHATES (TO RETAIN MOISTURE), GARLIC POWDER, YEAST EXTRACT (CONTAINS BARLEY), NATURAL FLAVORS, DEXTROSE, MALTODEXTRIN, EXTRACTIVES OF PAPRIKA AND TURMERIC (COLOR), SPICES (INCLUDING BLACK AND WHITE PEPPER), GUAR GUM.  
CONTAINS FISH (COD), WHEAT, MILK.

### Allergens

#### Contains:

fish milk wheat

#### Free From:

crustaceans shellfish mollusks  
 eggs peanuts sesame soy  
 tree nuts

### Handling Suggestions

KEEP FROZEN BELOW 0 UNTIL READY TO USE.

### Serving Suggestions

EXCLUSIVE BEER BATTERED FLAVOR. SERVE AS A MAIN ENTREE WITH YOUR FAVORITE SIDE DISH.; FISH 'N CHIPS; FISH TACOS; FRIDAY NIGHT FISH FRY FEAST; PICNIC STYLE; SANDWICH WRAPS.

### Prep & Cooking Suggestions

Keep Frozen at 0 F or Below. Designed to cook from frozen.  
DEEP FRYER preheat oil to 350F. Fry for 5 to 7 minutes or until product is golden brown. Shake baskets occasionally to prevent from adhering.  
CONVECTION OVEN preheat to 400 F. Place product on baking sheet and cook for 18 to 23 minutes or until product is crisp. Turn product halfway through bake time for best results.  
CONVENTIONAL OVEN preheat to 425F. Place product on baking sheet and cook for 20 to 23 minutes or until product is crisp. Turn product halfway through bake time for best results.  
\* Cooking times and temperatures may vary. Internal temperature should be at least 165F. We strive to produce a fully boneless product. As with all fish, however, occasional bones may still be present.

### Product Specifications

Brand	Manufacturer	Product Category
TRIDEN	Trident Seafoods Corp.	Fish, Value Added & Further Processed

MFG #	SPC #	GTIN	Pack	Pack Desc.
491152	92078	00028029911527	1	1 / 10.0 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11.2lb	10lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15in	9.94in	6.25in	0.54ft3	12x7	730DAYS	-9°F / 0°F



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## Nutrition Analysis - By Serving

Calories	140	Total Fat	6g	Sodium	340mg
Protein	9	Trans Fats	0g	Calcium	20mg
Total Carbohydrates...	12g	Saturated Fat	0.5g	Iron	0.4mg
Sugars	1g	Added Sugars	1g	Potassium	170mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	20mg		
Vitamin A(U)		Vitamin D	0.2mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

