



## 10 Lb (4.54 kg) IQF Pacific Cod Tails, 5 oz

These wild caught High Liner Foodservice IQF Pacific Cod Tails are a delicious example of this species. Pacific Cod is leaner with slightly more moisture content than its Atlantic cousin, which makes it ideal to amplify a number of your signature recipes. Each can be prepared a number of ways, and cooks easily to desired perfection, with consistency and plate appeal you need and with no unnecessary waste.

Product Last Saved Date: 01 July 2025



# Nutrition Facts

32 Servings per container  
Serving Size 5 oz (140g / About 1 Tail)

Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 65 mg	22%
Sodium 150 mg	7%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 22 g	
Vitamin D 0.7 mcg	4%
Calcium 0 mg	0%
Iron 0 mg	0%
Potassium 330 mg	8%
* The % Daily Values (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.	

### Product Specifications :

Code	GTIN	Type Of Catch
21020008	00079149200084	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.687 LBR	10 LBR	CN, ID, VN, TH, PL, LT, ZA, US, CA, NA	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.875 INH	7.875 INH	6.5 INH	0.4703 FTQ	15x6	540 Days	-10 FAH / 0 FAH

### Ingredients :

COD. CONTAINS: COD (FISH)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - N	Milk - N	Soy - N
Fish - C	Wheat - N	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

### Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F (70°C) MINIMUM.

### Species / Scientific Name:

Pacific Cod - Gadus macrocephalus

### Serving Suggestions:

Ideal as a center of the plate entrée, atop a dinner salad or on a sandwich. Pairs well with your own complementary sauces and sides.

### Claims & Child Nutrition:

BAP Certified:  
MSC Certified:  
Has CN Statement: No  
CN Statement:

