



## 1/10 LB 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: 02 December 2024



**HIGH LINER**  
FOODSERVICE™

## 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
11.6 LBR	10.0 LBR	CN, ID, VN	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.813 INH	7.813 INH	7.625 INH	0.5452 FTQ	15x6	540 Days	-10 FAH / 0 FAH

### Ingredients :

COD. CONTAINS: FISH (COD)

### 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 155°F 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:



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Printed on 22 February 2025  
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