

High Liner Foodservice Signature, 5 x 4.54 kg / 10 lb, Atlantic Cod Loins, Prime Cut, approx 227 - 283 g / 8 - 10 oz

Patrons prefer mild flavoured white flaky fish fillets. High Liner Cod offers consistent, top quality, portion controlled cuts and is versatile enough to accommodate many cooking methods. Wild Caught in the North Atlantic Ocean

Product Last Saved Date: 14 May 2025



Nutrition Facts

| | |
|--|-----------|
| Servings per container | |
| Serving Size | Per 100 g |
| Amount Per Serving | |
| Calories | 70 |
| % Daily Value* | |
| Total Fat 0.5 g | 1% |
| Saturated Fat 0 g | 0% |
| Trans Fat 0 g | |
| Cholesterol 40 mg | % |
| Sodium 140 mg | 6% |
| Total Carbohydrates 0 g | % |
| Dietary Fiber 0 g | 0% |
| Total Sugars 0 g | |
| Includes Added Sugars | % |
| Protein 16 g | |
| Vitamin D | |
| Calcium 10 mg | |
| Iron 0.3 mg | |
| Potassium 350 mg | |
| * 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 | | |
| 1022107 | | 10059111221078 | | | | |
| Brand | | GPC Description | | | | |
| High Liner Foodservice | | Fish - Unprepared/Unprocessed (Frozen) | | | | |
| Gross Weight | Net Weight | Country of Origin | | Kosher | Gluten Free | |
| 26.082 KGM | | | | Undeclared | No | |
| Shipping Information | | | | | | |
| Length | Width | Height | Volume | TlxHl | Shelf Life | Storage Temp From/To |
| 50.728 CMT | 24.37 CMT | 29.383 CMT | 0.036 MTQ | 10x4 | 547 Days | -25 CEL / -18 CEL |
| Ingredients : | | | | | | |
| Cod, Water, Sodium phosphate (to retain moisture). Contains: Cod (fish). | | | | | | |
| Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'): | | | | | | |
| Eggs - NI | | Milk - NI | | | Soy - NI | |
| Fish - NI | | Wheat - NI | | | TreeNuts - NI | |
| Peanuts - NI | | Crustacean - NI | | | Sesame - NI | |

Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FOR BEST RESULTS cook from frozen. Cook until a minimum internal temperature of 158°F (70°C) is reached. TO THAW place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

Serving Suggestions:

Use as you would any popular white fish loin. Ideal for Battered Fish and Chips. Serve them in casual restaurants, family restaurants, colleges/universities, hospitals, nursing homes, independent restaurants, business and industry.

Species / Scientific Name:

Claims & Child Nutrition:

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

