

High Liner Signature, 4.54 kg / 10 lb, Atlantic Cod Tails, 113 - 142 g / 4 - 5 oz

Harvested from the pristine North Atlantic waters off the east coast of Newfoundland and Labrador, these Atlantic Cod tails are processed and flash frozen within 2-3 days of catch. Meet your guests demands for premium seafood with these locally sourced Atlantic Cod tails. Canadian sourced.

Product Last Saved Date: 13 June 2025



Nutrition Facts

Servings per container

Serving Size Per about 1 tail (127 g)

Amount Per Serving Calories

100

| | % Daily Value |
|-------------------------|---------------|
| Total Fat 1 g | 1% |
| Saturated Fat 0.2 g | 1% |
| Trans Fat 0 g | |
| Cholesterol 55 mg | % |
| Sodium 70 mg | 3% |
| Total Carbohydrates 0 g | % |
| Dietary Fiber 0 g | 0% |
| Total Sugars 0 g | |
| Includes Added Sugars | % |
| Protein 23 g | |
| Vitamin D | % |
| Calcium 20 mg | 2% |
| Iron 0.5 mg | 3% |
| Potassium 500 mg | 15% |

| Product Specifications : | | | | | |
|--------------------------|------|---------------|--|--|--|
| Code | GTIN | Type Of Catch | | | |
| 4106 10061763041065 | | | | | |

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

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 4.926 KGM | | | Undeclared | No |

| | Shipping Information | | | | | |
|----------|----------------------|--------|-----------|-------|------------|----------------------|
| Length | Width | Height | Volume | TIxHI | Shelf Life | Storage Temp From/To |
| 36.8 CMT | 26.2 CMT | 13 CMT | 0.013 MTQ | 11x14 | 540 Days | |

Ingredients:

Contains: Atlantic 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. 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:

Its mild, clean flavour compliments any flavour profile. Tail: this is the most economical piece of the fish. It is thinner than the centre cut and somewhat triangular in shape, the shape of a full fillet piece. This cut offers the greatest plate coverage.

Species / Scientific Name:

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:







Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page 1 of 1

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