



High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Atlantic Cod Tails, approx. 85 g / 3 oz

Patrons prefer mild flavoured white flaky fish. High Liner Cod offers consistent, top quality, portion controlled cuts. Our offering is versatile enough to accommodate many cooking methods.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container
Serving Size Per about 1 tail (85 g)

Amount Per Serving
Calories 60

	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 35 mg	%
Sodium 120 mg	5%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%

Protein 14 g	
Vitamin D	%
Calcium 10 mg	1%
Iron 0.3 mg	2%
Potassium 300 mg	6%

* 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
1023484	10035493234844	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
4.955 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
37.153 CMT	25.452 CMT	13.505 CMT	0.013 MTQ	13x14	540 Days	

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.

Species / Scientific Name:

Serving Suggestions:

Use Atlantic Cod Tails as you would any popular white fish fillet. Use your own special recipes, batters or breadings to create your own signature entrées.

Claims & Child Nutrition:

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

