



1/10 LB SIMPLE SERV IQF North Atlantic Cod Loins 5 oz, MSC

Wild caught in the icy blue North Atlantic, these Fishery Product Simple Serve® North Atlantic Cod Loins are a superb example of this desirable part of the fish. Simple Serve® means easy preparation to preserve this species' famously mild flavor and flaky texture, with excellent plate appeal and no unnecessary waste, no matter what recipe or cooking method you have in mind.

Product Last Saved Date: 30 December 2024



HIGH LINER
FOODSERVICE™

Nutrition Facts

32 Servings per container

Serving Size 5 oz (140g / About 1 Loin)

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 1 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 55 mg 18%

Sodium 200 mg 9%

Total Carbohydrates 0 g 0%

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 23 g

Vitamin D 1.1 mcg 6%

Calcium 0 mg 0%

Iron 0.5 mg 2%

Potassium 530 mg 10%

* 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
1023327	10035493233274	WILD

Brand	GPC Description
FPI	Fish - Unprepared/Unprocessed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.0 LBR	10.0 LBR	CN, VN, ID	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.5 INH	9.875 INH	4.875 INH	0.4040 FTQ	12x8	540 Days	-10 FAH / 0 FAH

Ingredients :

COD, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). 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:

Atlantic Cod - Gadus morhua

Serving Suggestions:

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

Claims & Child Nutrition:

BAP Certified:

MSC Certified: Yes

Has CN Statement: No

CN Statement:



Information subject to change without notice at the discretion of High Liner Foods (USA)
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