

## 10 Lb (4.54 kg) IQF Atlantic Cod Dinner Cuts 8 oz, MSC

Wild caught in the pristine waters of Iceland, these Icelandic Cod Loin Dinner Cuts represent the best of this highly popular species. Specially portioned for dinner entrees, each cooks to tender, flaky perfection and can be prepared a variety of ways for any recipe you have in mind.

Product Last Saved Date: 20 October 2025

# **Nutrition Facts**

40 Servings per container

Serving Size 4 oz (112g / about 1/2 piece)

Amoun	t Per	Serving
Cal	or	ies

90

Calories	90
	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 50 mg	17%
Sodium 60 mg	3%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 20 g	
Vitamin D 1 mcg	6%
Calcium 20 mg	2%
Iron 0.4 mg	2%
Potassium 470 mg	10%

	Product Specifications :				
Code GTIN		GTIN	Type Of Catch		
	21005797	10073538057973	WILD		

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.824 LBR	10 LBR	Iceland	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.604 INH	11.667 INH	5.224 INH	0.55 FTQ	10x8	547 Days	-10 FAH / 0 FAH

#### Ingredients:

COD. CONTAINS: COD (FISH).

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - 30	Milk - 30	Soy - 30		
Fish - C	Wheat - 30	TreeNuts - 30		
Peanuts - 30	Crustacean - 30	Sesame - 30		

#### Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

## Species / Scientific Name:

Atlantic Cod - Gadus morhua

#### Serving Suggestions:

Ideal for fresh catch dinner entrées, including lighter main courses and healthier options. Pairs well with your own complementary signature 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) http://www.highlinerfoods.com

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