

# 10 Lb (4.54 kg) IQF Pacific Cod Loins Approx. 5 oz

These wild caught High Liner Foodservice IQF Pacific Cod Loins are an excellent example of this desirable part of this fish, leaner with slightly more moisture than Atlantic Cod. Each can be prepared a variety of ways, and cooks easily to desired perfection with the plate consistency and appeal you demand. A versatile, deliciously mild-flavored fish that can enliven whatever recipe you have in store.

Product Last Saved Date: 20 October 2025



## Nutrition Facts

32 Servings per container

**Serving Size 5 oz (140g/About 1 Loins)**

Amount Per Serving

**Calories 90**

% Daily Value\*

**Total Fat** 0.5 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 60 mg **20%**

**Sodium** 270 mg **12%**

**Total Carbohydrates** 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

**Protein** 19 g

Vitamin D 0.6 mcg **4%**

Calcium 0 mg **0%**

Iron 0 mg **0%**

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
21021329	00079149213299	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LBR	10 LBR	CN, ID, VN, TH, PL, LT, ZA, US, CA, NA	Undeclared	

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.813 INH	7.855 INH	5.75 INH	0.4133 FTQ	15x6	547 Days	-10 FAH / 0 FAH

### Ingredients :

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

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - INII	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

### Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F (70°C) MINIMUM.

### Species / Scientific Name:

Pacific Cod - Gadus macrocephalus

### Serving Suggestions:

Ideal for any Cod entrée that calls for the freshest catch, including lighter main courses and healthier options. Pairs well with your own complementary signature sauces and sides.

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:



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