



### 3/15 LB Skinless/Boned Shatterpack Pacific Cod Fillets 16-32 oz

These High Liner Foodservice IQF Pacific Cod Fillets feature quality wild caught Cod in a variety-portioned Shatterpack. This allows you to select the perfect portion for your perfect dish to the cooking method you choose. Whatever you prepare, these fillets make it easy to cook as desired, preserving the Cod's tender, flakiness and mild flavor in every way.

Product Last Saved Date: 01 July 2025



## Nutrition Facts

180 Servings per container  
**Serving Size 4 oz (112g / About 1/6 Fillet)**

**Amount Per Serving**  
**Calories 70**

	% Daily Value*
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 50 mg	<b>16%</b>
<b>Sodium</b> 220 mg	<b>9%</b>
<b>Total Carbohydrates</b> 0 g	<b>0%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>

<b>Protein</b> 16 g	
Vitamin D 0.5 mcg	2%
Calcium 0 mg	0%
Iron 0 mg	0%
Potassium 240 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
21023977	00079149239770	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
47.81 LBR	45 LBR	CN, ID, PL, LT, ZA, US, CA, NA, TH, VN	Undeclared	No

#### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.25 INH	10.5 INH	8.5 INH	0.9942 FTQ	9x5	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:

Pacific Cod - Gadus macrocephalus

#### Serving Suggestions:

Can be served a variety of ways, from center of the plate entrees, to sandwiches and salads. Pairs well any sauce and side that complements the dish.

#### Claims & Child Nutrition:

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

