

50 Lb (22.68 kg) Atlantic Cod Loin, Prime Cuts, Size 10-12 oz, 5 X 10 Lb (4.54 kg), MSC

Fishery Product North Atlantic Cod Loin Prime Cuts are wild caught in the icy blue North Atlantic. This represents very best of the most desirable part of the fish, with a deliciously mild flavor and flaky texture that adds depth to any number of your recipes. Each cooks easily to perfection using almost any cooking method, with excellent plate consistency and no unnecessary waste.

Product Last Saved Date: 20 October 2025



Nutrition Facts

15 Servings per container

Serving Size 11 oz (308g/About 1 Loin)

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 2 g 2%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 120 mg 40%

Sodium 440 mg 19%

Total Carbohydrates 0 g 0%

Dietary Fiber 0 g 0%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

Protein 50 g

Vitamin D 2.5 mcg 15%

Calcium 50 mg 4%

Iron 1.1 mg 6%

Potassium 1160 mg 25%

* 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
1022109	10035493221097	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
54.895 LBR	50.0 LBR	CN, VN, ID	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.5 INH	10.24 INH	9.25 INH	1.068 FTQ	10x4	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' 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 155°F MINIMUM.

Species / Scientific Name:

Atlantic Cod - Gadus morhua

Serving Suggestions:

Ideal as a premium center of the plate entree, atop a specialty salad or on a sandwich. Pairs 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)
<http://www.highlinerfoods.com>

Page 1 of 1

Printed on 14 March 2026
Powered by Syndigo LLC - <http://www.syndigo.com>