

## High Liner Foodservice Signature, 4.54 kg / 10 lb, Fire Roasters Flame-seared Seafood, Rustic Italian Style Glazed Cod Loins, approx 117 - 147 g / 4 - 5 oz

High Liner Foodservice Signature Fire Roasters™ Rustic Italian Cod Loins are slow-roasted with smoky on-trend Fire Roasters™ seasoning, with a delicious glaze featuring the perfect kick of rustic Italian on-trend Fire Roasters ™ seasoning, with a delicious glaze reaturing the perfect Rick of rustic Italian spice. Part of this original thick cut, flame-seared seafood line, these wild caught premium portions come oven-ready, and easily cook to perfection with minimal prep. The result is perfectly moist, flaky Cod, with authentic Fire Roasters™ flavour and appearance but without the hassle of the grill. The truly high-end flavour and appeal of this Cod can elevate a variety of applications.

Product Last Saved Date: 04 June 2025



FOODSERVICE™

# **Nutrition Facts**

Servings per container

Serving Size Per about 1 fillet (132 g)

# **Amount Per Serving**

Calories	130
	% Daily Value*
<b>Total Fat</b> 3.5 g	5%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 50 mg	%
Sodium 310 mg	13%
Total Carbohydrates 2 g	%
Dietary Fiber 0 g	0%
Total Sugars 1 g	
Includes Added Sugars	%
Protein 22 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 0.5 mg	3%
Potassium 500 mg	11%

Product Specifications :					
Code	GTIN	Type Of Catch			
8956 10061763089562					

Brand	GPC Description	
High Liner Foodservice Signature	Fish - Prepared/Processed (Frozen)	

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.22 KGM			Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
30.594 CMT	25.594 CMT	19.387 CMT	0.0152 MTQ	16x5	540 Days	

#### Ingredients:

Cod, Water, Sugars (maltodextrin, dextrose, dextrin, corn syrup solids), Soybean oil, Modified palm oil, Gelatin, Seasonings (spices, dried red bell pepper, garlic, tomato, yeast extract), Salt, Natural flavour (butter, lemon, smoke, grill, flavour), Milk ingredients, Contains; Cod (fish), Milk.

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

#### Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. OVEN: PLACE SINGLE LAYER OF EROZEN LOINS ON SHALLOW BAKING PAN, WITH FIRE ROASTED SIDE FACING UP, IN PREHEATED 400°F/200°C OVEN. BAKE UNCOVERED FOR ABOUT 22-25 MIN OR UNTIL DONE. FORCED AIR CONVECTION OVEN: PLACE SINGLE LAYER OF FROZEN LOINS ON SHALLOW BAKING PAN, WITH FIRE ROASTED SIDE FACING UP, IN PREHEATED 375°F/190°C OVEN, BAKE UNCOVERED FOR ABOUT 15-18 MIN OR UNTIL DONE. NOTE: SINCE APPLIANCES VARY, THESE INSTRUCTIONS ARE GUIDELINES ONLY, COOK UNTIL A MINIMUM INTERNAL TEMPERATURE OF 158°F/70°C IS REACHED.

#### Serving Suggestions:

To enhance the simple Tuscan flavours of this Rustic Italian Cod, pair with roasted fennel, tomatoes and olives flavoured with a splash of balsamic vinegar.

#### Species / Scientific Name:

## Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No.

CN Statement:







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