

10 Lb (4.54 kg) IQF Pacific Cod Loins 5 oz, MSC

These wild caught Fishery Product Pacific Cod Loins are a superb example of this premium part of the fish, with a deliciously mild flavor and unmistakable flaky texture that adds depth to any recipe you have in mind. Each can be prepared a variety of ways, and cooks easily to perfection in no time, delivering the exact plate consistency and appeal you demand.

Product Last Saved Date: 20 October 2025



Nutrition Facts

32 Servings per container

Serving Size 5 oz (140g / About 1 Loin)

Amount Per Serving

100

Calories	
	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 65 mg	22%
Sodium 310 mg	14%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 22 g	
Vitamin D 0.7 mcg	4%
Calcium 0 mg	0%
Iron 0 mg	0%
Potassium 330 mg	8%

Product Specifications :				
Code GTIN		Type Of Catch		
1023395	10035493233953	WILD		

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.739 LBR	10.0 LBR	CN, ID	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
14.625 INH	10 INH	5.12 INH	0.433 FTQ	11x8	540 Days	-10 FAH / 0 FAH

Ingredients:

COD, WATER, SALT. CONTAINS: FISH (COD)

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:

Pacific Cod - Gadus macrocephalus

Serving Suggestions:

Ideal as a premium center of the plate entrée, 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

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