



High Liner Signature, 4.54 kg / 10 lb, Canadian Cod Fillets, 113 - 170 g / 4 - 6 oz

Harvested from the pristine North Atlantic waters off the east coast of Newfoundland and Labrador, these Atlantic Cod loins are processed and flash frozen within 2-3 days of catch. Meet your guests demands for premium seafood with these locally sourced Atlantic Cod loins. Canadian sourced.

Product Last Saved Date: 18 September 2025



Nutrition Facts

Servings per container
Serving Size Per about 1 fillet (142 g)

| Amount Per Serving | |
|--------------------|-----|
| Calories | 110 |

| | % Daily Value* |
|-------------------------|----------------|
| Total Fat 1 g | 1% |
| Saturated Fat 0 g | 0% |
| Trans Fat 0 g | |
| Cholesterol 60 mg | % |
| Sodium 75 mg | 3% |
| Total Carbohydrates 0 g | % |
| Dietary Fiber 0 g | 0% |
| Total Sugars 0 g | |
| Includes Added Sugars | % |

| | |
|------------------|-----|
| Protein 25 g | |
| Vitamin D | % |
| Calcium 20 mg | 2% |
| Iron 0.5 mg | 3% |
| Potassium 600 mg | 18% |

* 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 |
|------|----------------|---------------|
| 4112 | 10061763041126 | |

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

| Gross Weight | Net Weight | Country of Origin | Kosher | Gluten Free |
|--------------|------------|-------------------|------------|-------------|
| 4.926 KGM | | | Undeclared | No |

| Shipping Information | | | | | | |
|----------------------|----------|--------|-----------|-------|------------|----------------------|
| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
| 38.6 CMT | 26.2 CMT | 13 CMT | 0.013 MTQ | 14x11 | 540 Days | |

Ingredients :

Contains: Atlantic cod (fish).

| 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. Cook until a minimum internal temperature of 158°F (70°C) is reached. TO THAW, place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

Species / Scientific Name:

Serving Suggestions:

Use as you would any popular white fish portion.

Claims & Child Nutrition:

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

