

# 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

110

Calories	
	% 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	%
<b>Protein</b> 25 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 0.5 mg	3%
Potassium 600 mg	18%

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					
Lengt	h Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
38.6 CM	T 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.

#### Serving Suggestions:

Use as you would any popular white fish portion.

### Species / Scientific Name:

#### Claims & Child Nutrition:

BAP Certified: MSC Certified:

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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