

48 Lb (21.77 kg) Frozen-At-Sea Atlantic Cod Fillets 8 - 10 oz, 4 x 12 Lb, MSC

Wild caught in the pristine waters of Iceland and frozen at sea for peak freshness, Icelandic Frozen-At-Sea Cod Fillets represent the very best of this highly popular species. These recipe-ready fillets can be prepared a variety of ways, and cook to desired tender, flaky perfection to enliven any premium Cod dish you have in mind.

Product Last Saved Date: 20 October 2025



Nutrition Facts

21 Servings per container

Serving Size 9 oz (252g / About 1 Fillet)

Amoun	t Per	Serving
Cal	or	ies

210

Calories	210
	% Daily Value
Total Fat 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 110 mg	37%
Sodium 140 mg	6%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 45 g	
Vitamin D 2.3 mcg	10%
Calcium 40 mg	4%
Iron 1 mg	6%
Potassium 1050 mg	20%

	Product Specifications :				
	Code	GTIN	Type Of Catch		
+1	21051061	10073538510614	WILD		

Brand		
Icelandic		

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free	
51.0 LBR	48 LBR	Iceland	Undeclared	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
18.25 INH	11 INH	10 INH	1.1617 FTQ	9x4	547 Days	-10 FAH / 0 FAH

Ingredients:

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:

COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Atlantic Cod - Gadus morhua

Serving Suggestions:

Ideal as a center of the plate entrée, on a sandwich or atop a fresh salad. 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

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