



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



HIGH LINER
FOODSERVICE™

Nutrition Facts

21 Servings per container

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

Amount Per Serving

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%

* 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
21051061	10073538510614	WILD

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

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

Shipping Information

Length	Width	Height	Volume	TlxHI	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' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - INII	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

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)
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