

# High Liner Foodservice, 4.54 kg / 10 lb, Individually Quick Frozen Atlantic Cod Fillets, approx. 170 - 227 g / 6 - 8 oz

Patrons prefer mild flavoured white flaky fish fillets. High Liner Cod offers consistent, top quality, portion controlled cuts. Our offering is versatile enough to accommodate many cooking methods. Use your own special recipes, batters or breadings to create your own signature entrées. High Liner Foodservice brand is unhanced with additives to improve shelf life.

Product Last Saved Date: 04 June 2025



### **Nutrition Facts**

Servings per container

Serving Size Per about 1 fillet (198 g)

## Amount Per Serving

140

Calories	170
	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0.2 g	1%
Trans Fat 0 g	
Cholesterol 75 mg	%
Sodium 280 mg	12%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 32 g	
Vitamin D	%
Calcium 30 mg	2%
Iron 0.75 mg	4%
Potassium 750 mg	16%

Product Specifications :					
Code	GTIN	Type Of Catch			
3486	10061763034869				

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.22 KGM			Undeclared	No

Shipping Information						
Length Width Height		Volume	TIxHI	Shelf Life	Storage Temp From/To	
37.2 CMT	25.1 CMT	14.6 CMT	0.0136 MTQ	11x12	547 Days	

#### Ingredients:

Cod, Water, Sodium phosphate (to retain moisture). Contains: 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. FOR BEST RESULTS cook from frozen. 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 fillets as you would any popular white fish fillet. Ideal for value-priced Battered Fish and Chips. Serve them in casual restaurants, family restaurants, colleges/universities, hospitals, nursing homes, independent restaurants, business and industry.

#### Species / Scientific Name:

#### 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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