

10 Lb (4.54 kg) Simple Serv IQF North Atlantic Cod Loins 4 oz

Wild caught in the icy blue North Atlantic, these Fishery Product Simple Serve® North Atlantic Cod Loins are a superb example of this desirable part of the fish. Simple Serve® means easy preparation to preserve this species' famously mild flavor and flaky texture, with excellent plate appeal and no unnecessary waste, no matter what recipe or cooking method you have in mind.

Product Last Saved Date: 01 October 2026

HIGH LINER FOODSERVICE™

Nutrition Facts

40 Servings per container

Serving Size **1 piece (112g / 4oz)**

Amount Per Serving

Calories **90**

	% Daily Value*
Total Fat 1 g	**1%**
Saturated Fat 0 g	**0%**
Trans Fat 0 g	
Cholesterol 50 mg	**17%**
Sodium 60 mg	**3%**
Total Carbohydrates 0 g	**0%**
Dietary Fiber 0 g	**0%**
Total Sugars 0 g	
Includes 0 g Added Sugars	**0%**
Protein 20 g	
Vitamin D 1 mcg	6%
Calcium 20 mg	2%
Iron 0.4 mg	2%
Potassium 470 mg	10%

* 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
1023325	10035493233250	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.88 LBR	10 LBR	CN, VN, ID, CA	Undeclared	

Shipping Information

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
14.646 INH	10 INH	5.079 INH	0.404 FTQ	12x8	547 Days	-10 FAH / 0 FAH

Ingredients :

COD. CONTAINS: COD (FISH)

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:

NOTE: 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, atop a specialty salad or on a sandwich. Pairs extremely well with your own complementary sauces and sides.

Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:





