

10/5 LB Atlantic Cod Cello (Boned) 1 - 3 ct NOT FOR RETAIL SALE, MSC

These Fishery Product Cod Cellos feature premium Cod wild caught in the icy blue North Atlantic. Firmer and slightly sweeter than its Pacific cousin, this Cod can add zing to any number of your recipes. Each can be portioned and prepared a variety of ways, opening up endless possibilities for your menu.

Product Last Saved Date: 20 October 2025



Nutrition Facts

20 Servings per container

Serving Size 4 oz (112g)

Amount Per Serving

80

8%

Calories	80
	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 45 mg	15%
Sodium 160 mg	7%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 18 g	
Vitamin D 0.9 mcg	4%
Calcium 0 mg	0%
Iron 0.4 mg	2%

Product Specifications :			
Code GTIN		Type Of Catch	
1021000	10035493210008	WILD	

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

Gross Weight Net Weight		Country of Origin	Kosher	Gluten Free
54.058 LBR	50.0 LBR	CA, CN, VN, ID	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
14.75 INH	10.25 INH	13 INH	1.1000 FTQ	12x3	540 Days	-10 FAH / 0 FAH

Ingredients:

COD, WATER, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). 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:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

* 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

Species / Scientific Name:

Atlantic Cod - Gadus morhua

Serving Suggestions:

Potassium 420 mg

Ideal as a center of the plate entrée, on a sandwich or in chowders. 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

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