

# 30 Lb (13.61 kg) Atlantic Cod Super Cellos, Skinless / Boned, Single Frozen, 15 X 2 Lb, MSC

Wild caught in the pristine waters of Iceland and frozen at sea for peak freshness, these Icelandic Cod Super Cellos represent the best of this highly popular species. Each can be portioned and prepared a variety of ways, and easily cooks to tender, flaky perfection to enliven any premium Cod recipe you have in mind.

Product Last Saved Date: 06 February 2026



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FOODSERVICE™



## Nutrition Facts

8 Servings per container

**Serving Size** 4 oz/112 g

Amount Per Serving

**Calories** 90

% Daily Value\*

**Total Fat** 1 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

**Cholesterol** 50 mg 16%

**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 0 mg 0%

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
21005475	00079149054755	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
30.78 LBR	30.0 LBR	Iceland	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.72 INH	8.97 INH	6.49 INH	0.597 FTQ	10x6	540 Days	-10 FAH / 0 FAH

### Ingredients :

COD. 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:

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

### Species / Scientific Name:

Atlantic Cod - Gadus morhua

### Serving Suggestions:

Ideal for any Cod entrée that calls for the freshest catch, including lighter main courses and healthier options. Pairs well with your own complementary sauces and sides.

### Claims & Child Nutrition:

BAP Certified:  
MSC Certified: Yes  
Has CN Statement: No  
CN Statement:

