

10 Lb (4.54 kg) IQF Pacific Cod Portions 1.8 - 2.5 oz

Cod has a mild flavor and works well with rich sauces and strong flavors. It is a good source of low-fat protein.

Product Last Saved Date: 20 October 2025



Nutrition Facts

37 Servings per container

Serving Size 120g / About 2 Portions

Amount Per Serving

Calories

80

Calories	
	% Daily Value
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 50 mg	17%
Sodium 230 mg	10%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 17 g	
Vitamin D 0.5 mcg	2%
Calcium 0 mg	0%
Iron 0 mg	0%
Potassium 260 mg	6%

Product Specifications :				
Code GTIN		Type Of Catch		
21026431	10073538264319	WILD		

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

Gross Weight	Net Weight	et Weight Country of Origin		Gluten Free	
11.55 LBR	10 LBR	CN, ID	Undeclared	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.5 INH	7.5 INH	5.75 INH	0.3868 FTQ	15x9	547 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.

Species / Scientific Name:

Pacific Cod - Gadus macrocephalus

Serving Suggestions:

Entrée

Claims & Child Nutrition:

BAP Certified: MSC Certified:

Has CN Statement: No CN Statement:







Information subject to change without notice at the discretion of High Liner Foods (USA) http://www.highlinerfoods.com Page 1 of 1

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