

10/5 LB Atlantic Cod Fillets, Cello Pack, Skinless / Boned, MSC

Wild caught in the pristine waters of Iceland, these Icelandic Cod Cello fillets represent the best of this highly popular species. Each fillet can be 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: 20 October 2025



Nutrition Facts

20 Servings per container

Serving Size

4 oz (112g)

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%

Product Specifications :					
Code	GTIN	Type Of Catch			
21005120 10073538051209		WILD			

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

Gross Weight	ss Weight Net Weight Country of Origin			Gluten Free	ì
54.28 LBR	50.0 LBR	Iceland	Undeclared	No	ı

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.0625 INH	9.9375 INH	12.6875 INH	1.099 FTQ	12x3	540 Days	-10 FAH / 0 FAH

Ingredients:

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:

Keep frozen! Store at or below 0°F (-18° C) • Do not refreeze after thawing! Preparation Instructions: Baked: Thaw fillets enough to separate. Add salt to milk and mix. Dip fillets into milk and roll in crumbs; place in well greased baking pan. Pour melted butter or margarine over fillets. Bake in hot oven at 500°F for 10 minutes. Broiled: Thaw fillets enough to separate. Sprinkle with salt and pepper. Place fillets on a pre-heated greased pan about 2 inches from the heat and brush with melted butter or margarine. Broil 5 to 8 minutes. Baste and turn carefully. Brush other side with butter or margarine and broil an additional 5 to 8 minutes. Boiled: Thaw frozen fish fillets enough to separate and cut in pieces 2-3 inches long. Bring water to boiling point and add salt. Add fish and bring to a boil again. Boil gently for 3 minutes. Serve with melted butter. Pan Fried: Thaw fillets enough to separate. Sprinkle with salt and pepper. Beat an egg slightly and blend with 1 tablespoon of milk. Dip fillets in the egg + milk mixture. Fry fillets in moderate heat in about 1/8 inch butter or margarine and 1 tablespoon vegetable oil. Drain on absorbent paper. For food safety and quality, please follow these cooking instructions: Fish is fully cooked when it reaches an internal temperature of 155°F minimum, WARNING: While effort has been made to remove bones from this product, some bones may remain. Please use caution when consuming.

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.

Species / Scientific Name:

Atlantic Cod - Gadus morhua

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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