

High Liner Foodservice Signature, 4.54 kg / 10 lb, Individually Quick Frozen Atlantic Cod Tails, approx. 113 g / 4 oz

High Liner Atlantic Cod has larger, more tender flakes and a sweeter flavour. High Liner Atlantic Cods lower moisture content makes it the better choice. Its mild, clean flavour compliments any flavour profile. Tail: this is the most economical piece of the fish. It is thinner than the centre cut and somewhat triangular in shape, the shape of a full fillet piece. This cut offers the greatest plate coverage.

Product Last Saved Date: 04 June 2025



Nutrition Facts

Servings per container

Serving Size Per about 1 tail (113 g)

Amount Per Serving

90

Calories	<u> </u>
	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 50 mg	%
Sodium 60 mg	3%
Total Carbohydrates 0 g	%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes Added Sugars	%
Protein 20 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 0.4 mg	2%
Potassium 450 mg	10%

Product Specifications :					
Code	GTIN	Type Of Catch			
5683 10061763056830					

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
5.046 KGM			Undeclared	No

Shipping Information						
Length Width Height		Height	Volume TIxHI Shelf Life		Shelf Life	Storage Temp From/To
37.8 CMT	32 CMT	11.5 CMT	0.0139 MTQ	9x14	540 Days	

Ingredients:

Cod. Contains: Cod (fish).

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):				
Eggs - NI	Milk - NI	Soy - NI		
Fish - NI	Wheat - NI	TreeNuts - NI		
Peanuts - NI	Crustacean - NI	Sesame - NI		

Prep & Cooking Suggestions:

KEEP FROZEN UNTIL USED. DO NOT REFREEZE IF THAWED. FOR BEST RESULTS cook from frozen. Cook until a minimum internal temperature of 158°F (70°C) is reached. TO THAW place in refrigerator overnight. DO NOT THAW in warm water or at room temperature.

Serving Suggestions:

Serve with red curry sauce on a bed of steamed rice with seasonal veggies.

Species / Scientific Name:

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 Page 1 of 1

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