



## 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**  
**Calories 90**

	% Daily Value*
<b>Total Fat</b> 1 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 50 mg	<b>%</b>
<b>Sodium</b> 60 mg	<b>3%</b>
<b>Total Carbohydrates</b> 0 g	<b>%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 0 g	
Includes Added Sugars	<b>%</b>

<b>Protein</b> 20 g	
Vitamin D	%
Calcium 20 mg	2%
Iron 0.4 mg	2%
Potassium 450 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
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	Volume	TlxHI	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.

### Species / Scientific Name:

### Serving Suggestions:

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

### Claims & Child Nutrition:

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

