

10 Lb (4.54 kg) SIMPLE SERV® IQF North Atlantic Cod Loins 8 oz, MSC

Wild caught in the icy blue North Atlantic, these Fishery Product Simple Serve® North Atlantic Cod Loins are a superb example of this desirable part of the fish. Simple Serve® means easy preparation to preserve this species' famously mild flavor and flaky texture, with excellent plate appeal and no unnecessary waste, no matter what recipe or cooking method you have in mind.

Product Last Saved Date: 20 October 2025



Nutrition Facts

20 Servings per container

Serving Size 8 oz (224 g / About 1 Loin)

Amount Per Serving

Calories	170
	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 90 mg	29%
Sodium 320 mg	14%
Total Carbohydrates 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 36 g	
Vitamin D 1.8 mcg	10%
Calcium 30 mg	2%
Iron 0.8 mg	4%
Potassium 840 mg	20%

Product Specifications :			
Code GTIN		Type Of Catch	
1023333	10035493233335	WILD	

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

	Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
I	11.0 LBR	10.0 LBR	CN, VN, ID	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
14.5 INH	9.875 INH	4.875 INH	0.4040 FTQ	12x8	540 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:

Atlantic Cod - Gadus morhua

Serving Suggestions:

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features. Ideal as a premium center of the plate entrée, atop a specialty salad or on a sandwich. Pairs well with your own complementary sauces and sides.

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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