

10 Lb (4.54 kg) Atlantic Cod Tails Skinless / Boned 4 oz, MSC

Wild caught in the pristine waters of Iceland, these Icelandic IQF Cod Tails represent the best of this highly popular species. Each can be prepared a variety of ways, and cooks easily to tender, flaky perfection to enliven any premium Cod recipe you have in mind.

Product Last Saved Date: 06 February 2026



Nutrition Facts

40 Servings per container
Serving Size 4 oz (112g / About 1 Tail)

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%

* 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
21005496	10073538054965	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.6 LBR	10 LBR	Iceland	Undeclared	

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.604 INH	11.667 INH	5.224 INH	0.55 FTQ	10x9	540 Days	-10 FAH / 0 FAH

Ingredients :

CONTAINS: FISH (COD)

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided' INII='Intentionally nor Inherently Included'):

Eggs - INII	Milk - INII	Soy - INII
Fish - C	Wheat - INII	TreeNuts - INII
Peanuts - INII	Crustacean - INII	Sesame - INII

Prep & Cooking Suggestions:

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Species / Scientific Name:

Atlantic Cod - Gadus morhua

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.

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

Printed on 29 April 2026
Powered by Syndigo LLC - <http://www.syndigo.com>