



10 Lb (4.54 kg) Atlantic Cod Tails Skinless / Boned 5 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

32 Servings per container

Serving Size 5 oz (140g / About 1 Tail)

Amount Per Serving

Calories **120**

% Daily Value*

Total Fat 1 g **1%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 60 mg **20%**

Sodium 75 mg **3%**

Total Carbohydrates 0 g **0%**

Dietary Fiber 0 g **0%**

Total Sugars 0 g

Includes 0 g Added Sugars **0%**

Protein 25 g

Vitamin D 1.3 mcg **6%**

Calcium 0 mg **0%**

Iron 0.5 mg **2%**

Potassium 590 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
21005497	10073538054972	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	No

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.604 INH	11.667 INH	5.224 INH	0.55 FTQ	10x8	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:

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)
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